



Penne with Grilled Chicken, Gorgonzola, Asparagus and Caramelized Onions

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup diagonally cut asparagus spears (1-inch lengths)
- 2 cups cut-up grilled chicken (1-inch pieces)
- 1.5 cups chicken broth
- 0.5 cup basil fresh chopped
- 4 tsp garlic minced
- 4.5 oz athenos gorgonzola cheese crumbled
- 2 tsp olive oil

- 0.5 cup onion separated thin
- 2 cups penne pasta uncooked
- 1.5 cups plum tomatoes chopped
- 1 tsp sugar
- 0.3 cup whipping cream

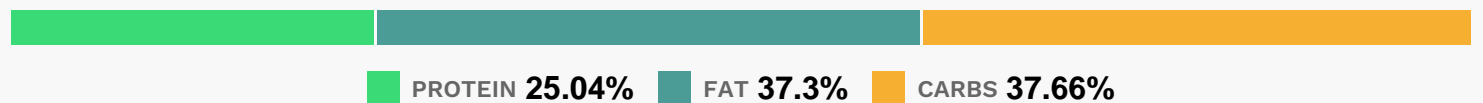
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in small skillet on medium heat.
- Add onions and sugar; cook and stir 2 to 3 min. or until onions are tender.
- Remove from heat.
- Drain pasta; place in large skillet.
- Add tomatoes; cook on medium heat 1 min., stirring occasionally.
- Add chicken, broth, asparagus, cream and garlic; mix well. Cook 5 min. or until sauce is slightly thickened, stirring constantly.
- Add onions, cheese and basil; stir. Cook 2 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:13.01, Inflammation Score:-7, Nutrition Score:15.286956538325%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 366.76kcal (18.34%), Fat: 15.14g (23.28%), Saturated Fat: 7.45g (46.56%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 31.94g (11.62%), Sugar: 4.7g (5.23%), Cholesterol: 63.33mg (21.11%), Sodium: 506.55mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.73%), Selenium: 39.39µg (56.28%), Phosphorus: 278.71mg (27.87%), Manganese: 0.54mg (26.87%), Vitamin B3: 5.17mg (25.87%), Vitamin A: 1011.36IU (20.23%), Vitamin B6: 0.38mg (19.15%), Vitamin K: 19.47µg (18.54%), Calcium: 153.24mg (15.32%), Vitamin B2: 0.26mg (15.29%), Zinc: 2.09mg (13.93%), Potassium: 460.53mg (13.16%), Vitamin C: 10.72mg (12.99%), Magnesium: 47mg (11.75%), Copper: 0.23mg (11.4%), Vitamin B5: 1.13mg (11.28%), Fiber: 2.44g (9.77%), Iron: 1.7mg (9.44%), Folate: 35.76µg (8.94%), Vitamin B1: 0.13mg (8.77%), Vitamin B12: 0.42µg (7.04%), Vitamin E: 0.89mg (5.94%), Vitamin D: 0.26µg (1.77%)