



Penne with Grilled Chicken, Gorgonzola, Asparagus and Caramelized Onions

READY IN



30 min.

SERVINGS



30

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

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:11.2, Glycemic Load:2.6, Inflammation Score:-2, Nutrition Score:3.0573913156986%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 73.35kcal (3.67%), Fat: 3.03g (4.66%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.39g (2.32%), Sugar: 0.94g (1.05%), Cholesterol: 12.67mg (4.22%), Sodium: 101.31mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Selenium: 7.88µg (11.26%), Phosphorus: 55.74mg (5.57%), Manganese: 0.11mg (5.37%), Vitamin B3: 1.03mg (5.17%), Vitamin A: 202.27IU (4.05%), Vitamin B6: 0.08mg (3.83%), Vitamin K: 3.89µg (3.71%), Vitamin B2: 0.05mg (3.06%), Calcium: 30.65mg (3.06%), Zinc: 0.42mg (2.79%), Potassium: 92.11mg (2.63%), Vitamin C: 2.14mg (2.6%), Magnesium: 9.4mg (2.35%), Copper: 0.05mg (2.28%), Vitamin B5: 0.23mg (2.26%), Fiber: 0.49g (1.95%), Iron: 0.34mg (1.89%), Folate: 7.15µg (1.79%), Vitamin B1: 0.03mg (1.75%), Vitamin B12: 0.08µg (1.41%), Vitamin E: 0.18mg (1.19%)