



## Penne with Roasted Tomatoes, Chicken, and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



847 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 spring onion thinly sliced
- 1 tablespoon oregano dried
- 1 cup parmesan cheese grated
- 3 garlic clove minced
- 6 small portabello mushrooms dark sliced (portobellini)
- 0.8 pound chicken tenderloins halved lengthwise halved
- 5 tablespoons olive oil
- 1 cup feta cheese crumbled

- 1 pound plum tomatoes halved seeded quartered
- 0.5 cup chicken broth
- 0.3 cup wine dry white
- 12 ounces penne pasta

## Equipment

- bowl
- baking sheet
- oven
- pot
- colander

## Directions

- Preheat oven to 425°F.
- Combine tomatoes, 2 tablespoons oil, and oregano in small bowl; toss to blend.
- Place tomatoes on baking sheet. Roast until beginning to dry and wrinkle, about 20 minutes.
- Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain pasta; let stand in colander.
- Heat 2 tablespoons oil in same pot over medium-high heat.
- Add mushrooms, onions, and garlic and sauté until mushrooms are tender and brown, about 10 minutes.
- Transfer mushroom mixture to medium bowl.
- Heat remaining 1 tablespoon oil in same pot over medium-high heat.
- Sprinkle chicken with salt and pepper.
- Add chicken to pot and sauté until brown and cooked through, about 5 minutes.
- Add mushroom mixture and roasted tomatoes to pot.
- Add penne, feta, Parmesan, chicken broth, and wine; toss until heated through and sauce coats pasta, about 4 minutes. Season to taste with salt and pepper.

# Nutrition Facts

PROTEIN 22.15% FAT 39.55% CARBS 38.3%

## Properties

Glycemic Index:47.25, Glycemic Load:27.55, Inflammation Score:-10, Nutrition Score:39.229130122973%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 847.47kcal (42.37%), Fat: 36.98g (56.9%), Saturated Fat: 12.18g (76.13%), Carbohydrates: 80.58g (26.86%), Net Carbohydrates: 73.97g (26.9%), Sugar: 8.96g (9.95%), Cholesterol: 109.56mg (36.52%), Sodium: 998.33mg (43.41%), Alcohol: 1.54g (100%), Alcohol %: 0.36% (100%), Protein: 46.6g (93.21%), Selenium: 119.24µg (170.34%), Vitamin B3: 17.6mg (88%), Phosphorus: 808.8mg (80.88%), Vitamin B6: 1.27mg (63.65%), Manganese: 1.18mg (58.87%), Vitamin K: 53.56µg (51.01%), Calcium: 478.49mg (47.85%), Vitamin B2: 0.75mg (44.35%), Potassium: 1395.07mg (39.86%), Copper: 0.76mg (37.91%), Vitamin B5: 3.6mg (36%), Zinc: 4.87mg (32.46%), Vitamin A: 1485.73IU (29.71%), Fiber: 6.61g (26.44%), Vitamin E: 3.9mg (26.02%), Magnesium: 103.67mg (25.92%), Folate: 95.36µg (23.84%), Vitamin C: 19.54mg (23.69%), Vitamin B1: 0.33mg (21.72%), Vitamin B12: 1.23µg (20.56%), Iron: 3.35mg (18.61%), Vitamin D: 0.74µg (4.92%)