



Penne with Squash and Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



1023 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby spinach
- ☐ 1.5 lb butternut squash peeled cut into 1/2-inch pieces
- ☐ 2 cloves garlic sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 12 ounces penne pasta
- ☐ 0.8 cup ricotta
- ☐ 3 lb rotisserie chicken cut skinless chopped
- ☐ 4 servings salt and pepper

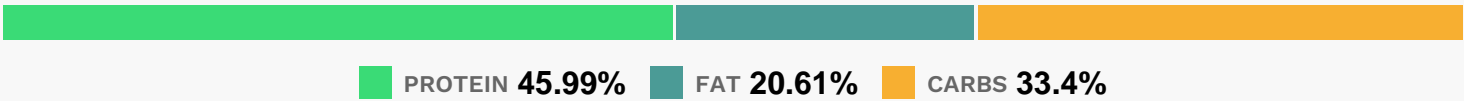
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Warm oil in a large nonstick skillet over medium-high heat.
- ☐ Add squash, and season with salt and pepper. Lower heat to medium and cook squash, stirring often, about 5 minutes.
- ☐ Add garlic and continue to cook until squash is tender, 5 to 7 minutes more.
- ☐ Cook pasta according to package directions.
- ☐ Drain pasta, reserving 1 cup cooking liquid, and return pasta to cooking pot.
- ☐ Add chicken, spinach and half of reserved pasta water to skillet with squash. Cook, stirring occasionally, until heated through, about 2 minutes. Turn off heat and transfer squash mixture to pot with pasta.
- ☐ Add ricotta and Parmesan and toss.
- ☐ Pour in more reserved cooking liquid if mixture seems dry.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:26.14, Inflammation Score:-10, Nutrition Score:49.33956524341%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 1022.9kcal (51.14%), Fat: 23.57g (36.27%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 85.93g (28.64%), Net Carbohydrates: 79.44g (28.89%), Sugar: 6.24g (6.93%), Cholesterol: 328.19mg (109.4%), Sodium: 1457.04mg (63.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 118.34g (236.68%), Vitamin A: 19775.7IU (395.51%), Selenium: 173.17µg (247.39%), Vitamin B3: 37.64mg (188.18%), Phosphorus: 1188.24mg (118.82%), Vitamin B6: 1.56mg (77.92%), Vitamin K: 77.09µg (73.42%), Manganese: 1.34mg (66.9%), Vitamin B5: 6.08mg (60.82%), Potassium: 1936.29mg (55.32%), Magnesium: 209.8mg (52.45%), Vitamin C: 40.4mg (48.97%), Vitamin B2: 0.67mg (39.61%), Vitamin B1: 0.55mg (36.94%), Zinc: 5.26mg (35.04%), Folate: 133.56µg (33.39%), Calcium: 290.71mg (29.07%), Copper: 0.55mg (27.29%), Vitamin E: 3.99mg (26.58%), Fiber: 6.49g (25.94%), Iron: 4.58mg (25.44%), Vitamin B12: 1.14µg (19.01%)