



Quick and Easy Chicken and Tomato Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce angel hair pasta
- 6 ounce olives black drained sliced canned
- 32 ounce tomatoes diced canned
- 8 ounce mushrooms drained sliced canned
- 6 servings olive oil
- 6 servings parmesan cheese freshly grated
- 2 teaspoons suya seasoning mix
- 2 chicken breast halves boneless skinless chopped

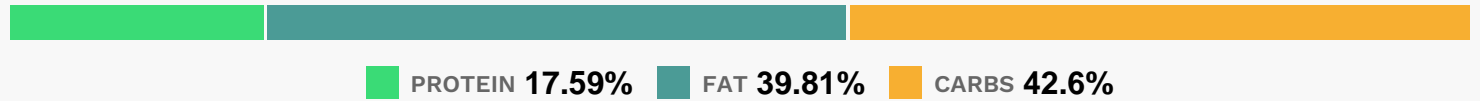
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Boil pasta for 8 to 10 minutes, or until al dente.
- Drain.
- Heat olive oil in a large skillet over medium high heat.
- Sprinkle chicken with seasoned salt, and cook for 2 to 3 minutes. Stir in drained black olives and mushrooms. Continue cooking, stirring occasionally, until chicken is golden brown. Strain chicken juices from pan, and reduce heat to low. Stir in tomatoes, cover, and simmer for 15 minutes.
- Toss the pasta and chicken mixture together, sprinkle with Parmesan cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:22.71, Inflammation Score:-7, Nutrition Score:25.357391056807%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 654.09kcal (32.7%), Fat: 29.23g (44.97%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 63.89g (23.23%), Sugar: 6.74g (7.49%), Cholesterol: 50.21mg (16.74%), Sodium: 1393.03mg (60.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Selenium: 72.36µg (103.37%), Manganese: 0.96mg (47.77%), Phosphorus: 469.42mg (46.94%), Calcium: 375.11mg (37.51%), Vitamin B3: 7.06mg (35.3%), Vitamin E: 4.74mg (31.57%), Vitamin B6: 0.63mg (31.53%), Fiber: 6.47g (25.89%), Copper: 0.48mg (23.91%), Vitamin K: 24.08µg (22.94%), Magnesium: 90.22mg (22.55%), Iron: 3.84mg (21.36%), Potassium: 728.91mg

(20.83%), Zinc: 3.12mg (20.82%), Vitamin C: 14.55mg (17.64%), Vitamin B2: 0.29mg (16.96%), Vitamin B5: 1.47mg (14.67%), Vitamin B1: 0.21mg (13.95%), Vitamin A: 587.06IU (11.74%), Folate: 38.29µg (9.57%), Vitamin B12: 0.48µg (8.01%), Vitamin D: 0.26µg (1.76%)