



Quick Chicken and Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 tablespoon butter
- 29 ounce tomatoes diced with onions and green peppers, drained canned
- 4 cups ziti hot tube-shaped cooked (short, pasta)
- 1.5 cups less-sodium chicken broth fat-free
- 1 tablespoon basil fresh chopped
- 1 garlic clove minced
- 1 tablespoon olive oil
- 0.8 cup onion chopped

- 4 ounces parmesan cheese fresh grated
- 0.1 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 4 cups pkt spinach fresh

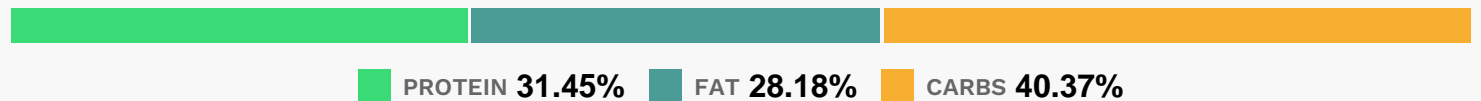
Equipment

- frying pan

Directions

- Cut chicken into 1-inch pieces, and sprinkle with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat; add chicken, onion, and garlic. Saut 5 minutes, stirring frequently. Stir in broth and tomatoes. Bring to a boil; reduce heat and cook 5 minutes, stirring occasionally.
- Add spinach, basil, and butter; cook 2 minutes.
- Toss chicken mixture with pasta, and top with cheese.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:19.1, Inflammation Score:-10, Nutrition Score:38.607391533644%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 577.67kcal (28.88%), Fat: 18.07g (27.8%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 58.25g (19.42%), Net Carbohydrates: 53.07g (19.3%), Sugar: 8.26g (9.18%), Cholesterol: 99.38mg (33.13%), Sodium: 1351.68mg (58.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.38g (90.77%), Vitamin K: 156.29µg (148.85%), Selenium: 83.26µg (118.94%), Vitamin B3: 15.13mg (75.63%), Vitamin A: 3423.85IU (68.48%), Vitamin B6: 1.31mg

(65.26%), Phosphorus: 622.46mg (62.25%), Manganese: 1.07mg (53.74%), Calcium: 461.09mg (46.11%), Vitamin C: 31.45mg (38.12%), Potassium: 1208.8mg (34.54%), Magnesium: 124.6mg (31.15%), Vitamin B2: 0.44mg (25.99%), Iron: 4.48mg (24.87%), Folate: 98.99µg (24.75%), Vitamin B5: 2.41mg (24.14%), Copper: 0.43mg (21.34%), Fiber: 5.18g (20.74%), Vitamin E: 2.95mg (19.65%), Zinc: 2.81mg (18.77%), Vitamin B1: 0.28mg (18.35%), Vitamin B12: 0.74µg (12.39%), Vitamin D: 0.26µg (1.7%)