



Rigatoni with Chicken Thighs

READY IN



70 min.

SERVINGS



8

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 30 ounce tomatoes crushed canned
- ☐ 1 cup chicken broth or white wine
- ☐ 8 servings basil fresh as needed
- ☐ 3 cloves garlic minced
- ☐ 8 servings olive oil as needed
- ☐ 1 onion small to medium chopped
- ☐ 8 servings parmesan grated for topping
- ☐ 1 package rigatoni your favorite or pasta

- ☐ 8 servings salt
- ☐ 8 chicken thighs boneless skinless cut into small pieces
- ☐ 1 pinch sugar

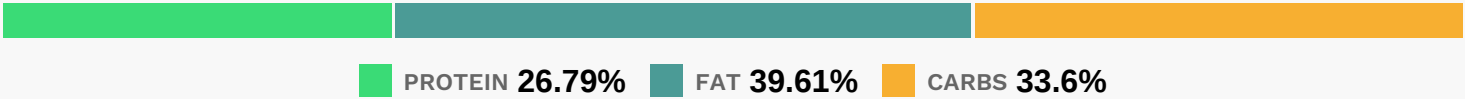
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a pot of lightly salted water to a boil and put the rigatoni into it. Cook until al dente (tender firm).
- ☐ Heat a large skillet until very hot and then generously drizzle in some olive oil. Swirl to coat the skillet, and then add half of the cut-up chicken pieces, spreading them out as you put them in. NOTE: Do not begin stirring the chicken immediately as you want to get them nice and brown. After a minute or two, flip over the chicken with a spatula and let brown on the other side.
- ☐ Remove to a plate and set aside. Repeat with the second half of the chicken pieces.
- ☐ Add a tablespoon or so of olive oil, if needed, into the hot skillet and throw in the garlic and chopped onions and give them a stir. Now add the chicken broth (or wine), whisking to deglaze the bottom of the skillet. Cook until the liquid reduces by half.
- ☐ Add the crushed tomatoes and stir to combine.
- ☐ Add salt and pepper to taste and a pinch of sugar. Reduce the heat and simmer for 15 minutes.
- ☐ Add the chicken (and don't forget all of those yummy chicken juices on the plate) to the tomato/onion mixture and continue simmering for another 15 minutes. Toward the end of the cooking process, chop up your fresh basil and add it to the sauce, stirring to combine.
- ☐ Put the pasta on a platter or in a large bowl and smother with the sauce. Top with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:42.01, Glycemic Load:19.83, Inflammation Score:-7, Nutrition Score:26.831304384314%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 628.67kcal (31.43%), Fat: 27.64g (42.52%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 52.75g (17.58%), Net Carbohydrates: 48.61g (17.68%), Sugar: 7.27g (8.08%), Cholesterol: 128.34mg (42.78%), Sodium: 1028.77mg (44.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.05g (84.1%), Selenium: 68.83µg (98.33%), Phosphorus: 568mg (56.8%), Vitamin B3: 8.76mg (43.78%), Calcium: 423.95mg (42.39%), Manganese: 0.82mg (41.04%), Vitamin B6: 0.8mg (40.17%), Vitamin K: 26.44µg (25.18%), Vitamin E: 3.71mg (24.72%), Zinc: 3.7mg (24.65%), Vitamin B2: 0.41mg (24.27%), Magnesium: 93.67mg (23.42%), Copper: 0.45mg (22.62%), Potassium: 778.66mg (22.25%), Vitamin B5: 2.06mg (20.62%), Iron: 3.49mg (19.36%), Vitamin B12: 1.09µg (18.15%), Vitamin B1: 0.26mg (17.29%), Fiber: 4.13g (16.54%), Vitamin C: 11.51mg (13.95%), Vitamin A: 597IU (11.94%), Folate: 34.59µg (8.65%)