



## Rigatoni with Italian Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



584 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 28 ounce canned tomatoes diced italian with herbs canned
- 1 tablespoon parsley dried
- 2 cups salad dressing italian
- 1 cup parmesan cheese grated
- 0.3 teaspoon pepper flakes red crushed
- 16 ounce rigatoni pasta uncooked
- 6 chicken breast halves boneless skinless

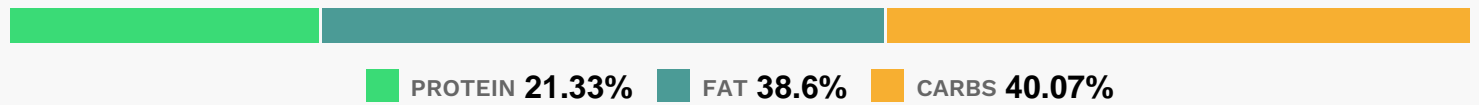
## Equipment

- bowl
- frying pan
- pot
- ziploc bags

## Directions

- Place chicken breasts in a large resealable plastic bag, and pour in the Italian dressing. Seal bag, and marinate chicken 30 minutes in the refrigerator.
- Drain, discarding dressing, and dice.
- Bring a large pot of lightly salted water to a boil.
- Add rigatoni and cook for 8 to 10 minutes or until al dente.
- Drain, transfer to a large bowl, and toss with diced tomatoes.
- Melt butter in a skillet over medium heat.
- Place chicken in the skillet, and season with red pepper. Cook and stir 15 minutes, or until chicken juices run clear.
- Serve over the pasta. Top with Parmesan cheese, and garnish with parsley flakes.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:19.05, Inflammation Score:-7, Nutrition Score:23.757825892905%

## Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

## Nutrients (% of daily need)

Calories: 584.11kcal (29.21%), Fat: 25g (38.46%), Saturated Fat: 8g (49.99%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 54.6g (19.86%), Sugar: 12.26g (13.62%), Cholesterol: 80.37mg (26.79%), Sodium: 1082.59mg (47.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.18%), Selenium: 69.22µg (98.88%), Vitamin B3: 11.14mg (55.69%), Vitamin B6: 0.92mg (45.78%), Phosphorus: 407.93mg (40.79%), Vitamin K: 42.56µg (40.53%), Manganese: 0.77mg (38.43%), Potassium: 812.72mg (23.22%), Vitamin E: 3.02mg (20.17%), Magnesium: 80.48mg (20.12%), Copper: 0.39mg (19.35%), Vitamin B5: 1.78mg (17.8%), Calcium: 172.78mg (17.28%), Fiber: 3.79g (15.15%), Iron: 2.62mg (14.54%), Zinc: 2.16mg (14.43%), Vitamin B2: 0.22mg (13.09%), Vitamin B1: 0.2mg (13.05%), Vitamin C: 10.69mg (12.96%), Vitamin A: 568.68IU (11.37%), Folate: 27.93µg (6.98%), Vitamin B12: 0.35µg (5.84%)