



Roasted Garlic Chicken Penne

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 4 servings basil fresh chopped
- ☐ 2 cups penne pasta uncooked
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup roasted peppers red drained chopped (from a jar)
- ☐ 1.3 lb chicken breast boneless skinless cut into thin slices

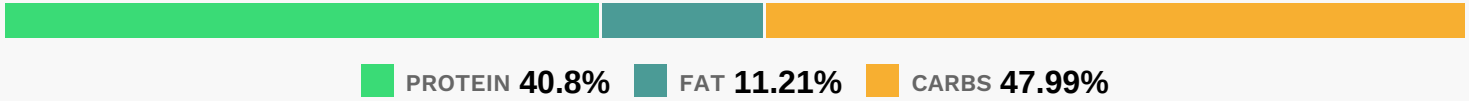
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ In 12-inch skillet, heat 2 tablespoons vegetable oil over medium-high heat until hot.
- ☐ Add chicken; sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Cook 4 to 6 minutes, stirring frequently, until chicken is no longer pink in center.
- ☐ Add broccoli and roasted peppers. Reduce heat to medium; cover and cook 4 to 5 minutes or until crisp-tender.
- ☐ Add pasta and cooking sauce. Cook and toss about 1 minute or until hot. Stir in vinegar and basil.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:17.49, Inflammation Score:-7, Nutrition Score:26.812173882256%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 390.78kcal (19.54%), Fat: 4.75g (7.31%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 42.55g (15.47%), Sugar: 2.28g (2.53%), Cholesterol: 90.72mg (30.24%), Sodium: 423.07mg (18.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.92g (77.83%), Selenium: 82.11µg (117.29%), Vitamin B3: 16.15mg (80.73%), Vitamin B6: 1.26mg (62.77%), Vitamin C: 50.82mg (61.6%), Vitamin K: 55.05µg (52.43%), Phosphorus: 439.23mg (43.92%), Manganese: 0.69mg (34.35%), Vitamin B5: 2.53mg (25.34%), Potassium: 828.06mg (23.66%), Magnesium: 79.73mg (19.93%), Vitamin B2: 0.24mg (13.85%), Fiber: 3.22g (12.9%), Copper: 0.25mg (12.72%), Zinc: 1.85mg (12.35%), Folate: 48.62µg (12.15%), Vitamin B1: 0.18mg (11.91%), Vitamin A: 522.49IU (10.45%), Iron: 1.83mg (10.14%), Calcium: 51.45mg (5.14%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.7mg (4.68%)