



Rosemary Chicken and Spinach Pasta

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz pasta
- 3 tablespoons olive oil
- 4 sprigs rosemary leaves fresh
- 2 cups roasted chicken cooked chopped
- 3 cups baby spinach fresh
- 1 serving salt and pepper freshly ground to taste

Equipment

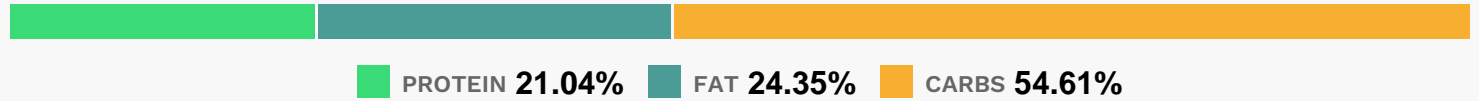
- frying pan

dutch oven

Directions

- Cook and drain pasta as directed on package.
- Meanwhile, in large skillet or Dutch oven, heat oil and rosemary over low heat at least 15 minutes.
- Remove and discard rosemary.
- Add chicken to skillet; cook over medium heat 2 to 3 minutes until warm.
- Add cooked pasta and spinach; toss. Cook 2 to 3 minutes or until spinach begins to wilt. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:34.14, Inflammation Score:-9, Nutrition Score:25.961304395095%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 635.73kcal (31.79%), Fat: 16.95g (26.07%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 85.51g (28.5%), Net Carbohydrates: 81.37g (29.59%), Sugar: 3.12g (3.47%), Cholesterol: 52.5mg (17.5%), Sodium: 125.76mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.88%), Selenium: 89.11µg (127.3%), Vitamin K: 115.11µg (109.63%), Manganese: 1.25mg (62.73%), Vitamin A: 2141.45IU (42.83%), Vitamin B3: 7.61mg (38.04%), Phosphorus: 359.81mg (35.98%), Vitamin B6: 0.49mg (24.61%), Magnesium: 92.67mg (23.17%), Copper: 0.4mg (19.86%), Zinc: 2.78mg (18.55%), Folate: 67.67µg (16.92%), Iron: 3mg (16.65%), Fiber: 4.14g (16.55%), Potassium: 539.51mg (15.41%), Vitamin E: 2.09mg (13.96%), Vitamin B2: 0.21mg (12.57%), Vitamin B5: 1.18mg (11.85%), Vitamin B1: 0.16mg (10.87%), Vitamin C: 6.34mg (7.69%), Calcium: 54.94mg (5.49%), Vitamin B12: 0.2µg (3.38%)