



WHATSheATE



Rotini with Chicken, Asparagus and Tomatoes

READY IN



15 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz rotini pasta uncooked
- ☐ 1 lb chicken breast boneless skinless cut into 1/4-inch strips
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup asparagus
- ☐ 2 cups cherry tomatoes cut in half
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoon balsamic vinegar

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 oz goat cheese crumbled

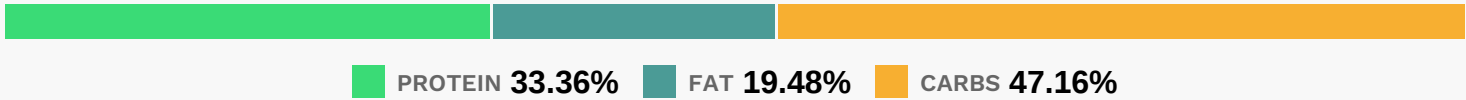
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta directed on package, omitting salt and oil; drain.
- ☐ Meanwhile, spray 12-inch skillet with coating spray; heat over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken and asparagus to skillet; cook 5 minutes, stirring frequently until chicken is no longer pink in center.
- ☐ Add tomatoes and garlic; cook and stir 1 minute longer.
- ☐ Remove from heat.
- ☐ Stir cooked pasta, basil, vinegar and oil into chicken mixture. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:18.07, Inflammation Score:-7, Nutrition Score:23.606521748978%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 419.52kcal (20.98%), Fat: 8.93g (13.74%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 45.52g (16.55%), Sugar: 5.28g (5.86%), Cholesterol: 75.83mg (25.28%), Sodium: 462.83mg (20.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.83%), Selenium: 73.69µg (105.27%), Vitamin B3: 13.57mg (67.84%), Vitamin B6: 1.06mg (52.89%), Phosphorus: 406.49mg (40.65%), Manganese: 0.75mg (37.74%), Vitamin C: 20.87mg (25.3%), Potassium: 799.28mg (22.84%), Vitamin K: 23.12µg (22.02%),

Vitamin B5: 2.11mg (21.11%), Copper: 0.38mg (18.98%), Magnesium: 74.47mg (18.62%), Vitamin A: 779.05IU (15.58%), Iron: 2.68mg (14.87%), Vitamin B2: 0.24mg (14.17%), Vitamin B1: 0.21mg (13.79%), Fiber: 3.15g (12.6%), Zinc: 1.84mg (12.29%), Folate: 43.46µg (10.87%), Vitamin E: 1.6mg (10.68%), Calcium: 51.7mg (5.17%), Vitamin B12: 0.24µg (4%)