



Rotini with Chicken, Asparagus, and Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asparagus (1-inch)
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 ounce goat cheese crumbled
- ☐ 0.5 teaspoon kosher salt

- ☐ 8 ounces rotini uncooked (corkscrew pasta)
- ☐ 1 pound chicken breast boneless skinless cut into 1/4-inch strips

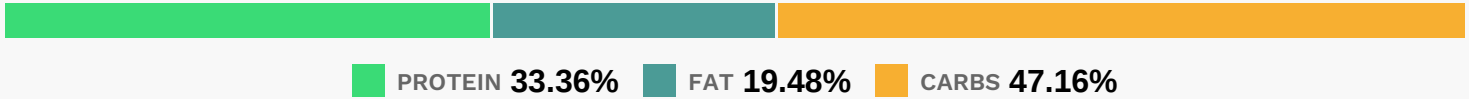
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken and asparagus to pan; saut 5 minutes.
- ☐ Add tomatoes and garlic to pan; saut 1 minute.
- ☐ Remove from heat. Stir in pasta, basil, vinegar, and oil. Arrange 2 cups pasta mixture on each of 4 plates; top each serving with 1 tablespoon 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: 0g (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%)