



Sautéed Chicken with Penne Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with balsamic vinegar, basil, and olive oil (such as hunt's) canned
- 1 cup cooking wine dry white
- 14 ounce less-sodium chicken broth fat-free canned
- 1 garlic clove minced
- 2 tablespoons olives green pitted chopped
- 8 ounce pre mushrooms
- 1 tablespoon olive oil
- 3 tablespoons olives ripe chopped

- 1 ounce parmigiano-reggiano cheese fresh grated
- 1 pound penne pasta uncooked
- 0.3 cup shallots minced
- 1 pound chicken breast boneless skinless cut into (1/2-inch) pieces

Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain. Keep warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; saut 2 minutes or until lightly browned.
- Remove chicken from pan; keep warm.
- Add shallots, mushrooms, and garlic to pan; cover and cook 4 minutes. Stir in wine, olives, tomatoes, and broth; simmer, uncovered, for 10 minutes. Return chicken to pan; cook 5 minutes.
- Remove from heat; add pasta, cheese, and pepper, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:29.45, Inflammation Score:-5, Nutrition Score:20.426956441091%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 527.47kcal (26.37%), Fat: 7.93g (12.2%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 72.74g (24.25%), Net Carbohydrates: 69.38g (25.23%), Sugar: 14.35g (15.94%), Cholesterol: 51.6mg (17.2%), Sodium: 563.44mg (24.5%), Alcohol: 4.12g (100%), Alcohol %: 1.35% (100%), Protein: 29.84g (59.67%), Selenium: 78.29µg (111.85%), Vitamin B3: 11mg (55%), Manganese: 0.91mg (45.48%), Phosphorus: 401.44mg (40.14%), Vitamin B6: 0.79mg (39.44%), Vitamin B5: 2.12mg (21.21%), Potassium: 736.13mg (21.03%), Copper: 0.41mg (20.57%), Magnesium: 81.09mg (20.27%), Vitamin B2: 0.31mg (18.33%), Fiber: 3.35g (13.41%), Zinc: 2mg (13.3%), Iron: 2.36mg (13.12%), Calcium: 109.7mg (10.97%), Vitamin B1: 0.16mg (10.92%), Folate: 28.02µg (7.01%), Vitamin B12: 0.36µg (5.92%), Vitamin E: 0.84mg (5.57%), Vitamin C: 2.65mg (3.21%), Vitamin K: 2.12µg (2.02%), Vitamin A: 86.45IU (1.73%), Vitamin D: 0.17µg (1.17%)