



 **53%**
HEALTH SCORE

Sautéed Chicken with Roasted Pepper Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 baby bell peppers
- 0.5 teaspoon pepper black
- 2 garlic cloves minced
- 0.8 cup mozzarella pearls fresh
- 2 tablespoons olive oil
- 0.5 cup parsley chopped
- 6 ounces rotini uncooked
- 0.5 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless

- 2 teaspoons citrus champagne vinegar

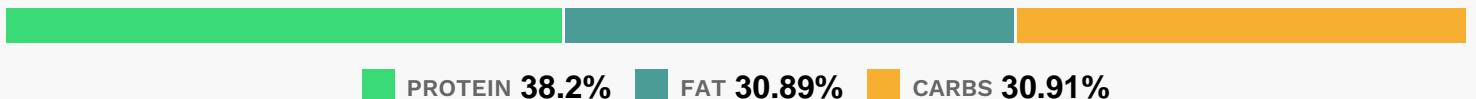
Equipment

- bowl
- frying pan
- baking sheet
- aluminum foil
- broiler

Directions

- Preheat broiler to high.
- Cook pasta; drain.
- Place in a large bowl; keep warm.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place peppers, skin sides up, on a foil-lined baking sheet; flatten. Broil 6 minutes or until blackened.
- Let stand 5 minutes. Peel; cut into strips.
- Add peppers and cheese to pasta.
- Combine oil, vinegar, and garlic; stir into pasta mixture. Stir in parsley and 1/4 teaspoon salt.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle chicken with remaining salt and pepper; saut 6 minutes on each side or until done. Slice chicken.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:14.19, Inflammation Score:-10, Nutrition Score:37.416086673737%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 504.43kcal (25.22%), Fat: 17.07g (26.26%), Saturated Fat: 4.87g (30.47%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 34.95g (12.71%), Sugar: 4.96g (5.51%), Cholesterol: 125.45mg (41.82%), Sodium: 630.42mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.49g (94.98%), Vitamin C: 120.02mg (145.47%), Vitamin K: 132.63µg (126.31%), Selenium: 85.19µg (121.71%), Vitamin B3: 19.42mg (97.1%), Vitamin B6: 1.61mg (80.63%), Vitamin A: 3456.33IU (69.13%), Phosphorus: 540.99mg (54.1%), Vitamin B5: 2.95mg (29.45%), Manganese: 0.59mg (29.34%), Potassium: 969.38mg (27.7%), Magnesium: 85.7mg (21.43%), Vitamin B2: 0.34mg (19.76%), Vitamin E: 2.81mg (18.7%), Zinc: 2.51mg (16.74%), Folate: 66.06µg (16.51%), Calcium: 143.94mg (14.39%), Vitamin B1: 0.21mg (13.9%), Fiber: 3.47g (13.87%), Vitamin B12: 0.82µg (13.65%), Iron: 2.2mg (12.24%), Copper: 0.2mg (10.24%), Vitamin D: 0.25µg (1.69%)