



## Skillet Whole Wheat Pasta with Chicken and Chickpeas

 Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



863 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 oz garbanzo beans drained and rinsed canned
- 28 oz canned tomatoes whole peeled canned
- 1 sprig rosemary leaves fresh
- 3 servings pepper black freshly ground
- 1.8 cups chicken broth low sodium homemade store-bought
- 3 tablespoons olive oil
- 0.5 cup parmesan grated plus more for garnish

- 0.3 cup shallots thinly sliced
- 1.5 pounds chicken breast boneless skinless trimmed (3 to 4 breast halves)
- 3 cups farfalle pasta whole wheat

## Equipment

- bowl
- frying pan
- potato masher

## Directions

- Season the chicken breasts with salt and pepper.
- Heat 2 tablespoons of oil in a 12-inch skillet over medium-high heat until hot.
- Add the chicken breasts and sear on all sides until golden-brown, 5 to 6 minutes per side. Set aside.
- In the same pan, heat the remaining tablespoon of olive oil over medium heat until hot.
- Add the shallots and a pinch of salt and cook until softened, about 2 minutes.
- Add the garlic and chile flakes and cook, stirring constantly, until aromatic, about 30 seconds.
- Add the tomatoes and allow to cook until the tomatoes soften, then break them apart with a potato masher, 3 to 4 minutes.
- Add the rosemary sprig to the pan. Cover, and lower the heat to maintain a gentle simmer, and allow the sauce to cook until thickened, 10 to 12 minutes. Season to taste with salt and pepper.
- Add the stock and bring to a simmer. Stir in the pasta, chickpeas and ½ cup grated Parmesan. Cover and cook for 5 minutes. Stir pasta, place the chicken breasts over top, pouring in any pan juices, cover, cover, and continue cooking until pasta is done and the chicken has cooked through, 5 to 7 minutes longer.
- Remove the rosemary sprig and discard. Slice chicken if desired.
- Serve the pasta in bowls, place the chicken breasts on top and finish with a generous sprinkling of Parmesan.

## Nutrition Facts



■ PROTEIN 34.07% ■ FAT 29.55% ■ CARBS 36.38%

## Properties

Glycemic Index:43.11, Glycemic Load:6.16, Inflammation Score:-9, Nutrition Score:45.893913113553%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 862.68kcal (43.13%), Fat: 28.98g (44.58%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 80.3g (26.77%), Net Carbohydrates: 70.75g (25.73%), Sugar: 8.16g (9.07%), Cholesterol: 156.48mg (52.16%), Sodium: 1351.29mg (58.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.18g (150.36%), Selenium: 123.47µg (176.38%), Manganese: 3.3mg (165.21%), Vitamin B3: 30.77mg (153.87%), Vitamin B6: 2.89mg (144.7%), Phosphorus: 963.72mg (96.37%), Magnesium: 225.2mg (56.3%), Potassium: 1870.97mg (53.46%), Vitamin B5: 4.69mg (46.93%), Iron: 8.08mg (44.89%), Vitamin B1: 0.62mg (41.39%), Copper: 0.83mg (41.37%), Fiber: 9.54g (38.18%), Calcium: 377.8mg (37.78%), Vitamin C: 29.06mg (35.22%), Vitamin B2: 0.58mg (34.13%), Zinc: 4.76mg (31.75%), Vitamin E: 4.29mg (28.61%), Folate: 107.8µg (26.95%), Vitamin K: 17.16µg (16.34%), Vitamin B12: 0.79µg (13.19%), Vitamin A: 531.35IU (10.63%), Vitamin D: 0.31µg (2.07%)