



Skinny Mediterranean-Style Chicken and Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz farfalle pasta uncooked
- 2 teaspoons canola oil
- 0.3 cup onion chopped
- 2 medium zucchini cut in half lengthwise, then cut crosswise into 1/4-inch slices
- 2 cloves garlic finely chopped
- 2 cups chicken breast strips/pre-cooked/chopped cooked
- 14.5 oz no salt added diced tomatoes diced organic no salt added undrained canned
- 8 oz tomato sauce organic canned
- 0.5 teaspoon oregano dried

- 1 teaspoon basil dried
- 0.3 cup kalamata olives pitted quartered
- 3 oz feta crumbled reduced-fat

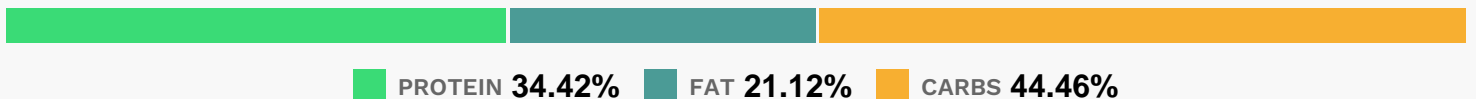
Equipment

- frying pan
- dutch oven

Directions

- In 4-quart Dutch oven, cook and drain pasta as directed on package, omitting salt. Return to Dutch oven; cover to keep warm.
- Meanwhile, in 12-inch nonstick skillet, heat oil over medium heat.
- Add onion; cook 3 to 4 minutes, stirring occasionally, until crisp-tender.
- Add zucchini and garlic; cook 2 minutes. Stir in chicken, tomatoes, tomato sauce, oregano and basil. Reduce heat to medium-low; simmer 5 to 7 minutes, stirring occasionally, until zucchini is tender and mixture is hot. Stir in olives.
- Pour chicken mixture over pasta. Top with feta cheese; toss to coat.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:17.91043475659%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 263.68kcal (13.18%), Fat: 6.47g (9.95%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 28.24g (10.27%), Sugar: 5.54g (6.16%), Cholesterol: 47.26mg (15.75%), Sodium: 443.05mg

(19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.42%), Manganese: 1.14mg (56.78%), Selenium: 34.25µg (48.93%), Vitamin B3: 9.06mg (45.28%), Vitamin B6: 0.59mg (29.58%), Vitamin C: 21.69mg (26.29%), Phosphorus: 232.63mg (23.26%), Magnesium: 82.43mg (20.61%), Potassium: 617.84mg (17.65%), Iron: 3.06mg (16.99%), Vitamin B1: 0.25mg (16.53%), Copper: 0.29mg (14.74%), Vitamin B2: 0.22mg (13.19%), Vitamin E: 1.71mg (11.42%), Folate: 45.39µg (11.35%), Vitamin B5: 1.08mg (10.81%), Zinc: 1.57mg (10.48%), Vitamin K: 10.97µg (10.45%), Fiber: 2.4g (9.59%), Vitamin A: 410.75IU (8.21%), Calcium: 68.5mg (6.85%), Vitamin B12: 0.16µg (2.64%)