



Skinny Mediterranean-Style Chicken and Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 oz no salt added diced tomatoes diced organic no salt added undrained canned
- ☐ 2 teaspoons canola oil
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked
- ☐ 1 teaspoon basil dried
- ☐ 3 oz feta crumbled reduced-fat
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup kalamata olives pitted quartered
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 6 oz penne pasta uncooked
- ☐ 8 oz tomato sauce organic canned
- ☐ 2 medium zucchini cut in half lengthwise, then cut crosswise into 1/4-inch slices

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:27.33, Glycemic Load:9.64, Inflammation Score:-6, Nutrition Score:15.028695513373%

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: 270.2kcal (13.51%), Fat: 6.5g (10%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 27.23g (9.9%), Sugar: 6.3g (7%), Cholesterol: 47.26mg (15.75%), Sodium: 442.49mg (19.24%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Selenium: 31.47µg (44.96%), Vitamin B3: 8.08mg (40.42%), Vitamin B6: 0.57mg (28.43%), Manganese: 0.53mg (26.48%), Vitamin C: 21.69mg (26.29%), Phosphorus: 213.07mg (21.31%), Potassium: 620.11mg (17.72%), Magnesium: 56.92mg (14.23%), Iron: 2.4mg (13.32%), Fiber: 3.3g (13.22%), Copper: 0.25mg (12.4%), Vitamin B2: 0.2mg (11.8%), Vitamin E: 1.74mg (11.63%), Vitamin K: 11µg (10.47%), Vitamin B5: 0.92mg (9.25%), Vitamin B1: 0.14mg (9.01%), Zinc: 1.3mg (8.67%), Folate: 34.33µg (8.58%), Vitamin A: 410.75IU (8.21%), Calcium: 63.11mg (6.31%), Vitamin B12: 0.16µg (2.64%)