



Spaghettini Chicken

READY IN



35 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes diced italian-style drained canned
- 2 cups rotisserie chicken breast meat diced cooked
- 4 cups chicken broth
- 1 teaspoon basil dried crumbled
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 onion chopped
- 0.3 cup parmesan cheese grated
- 6 servings salt and pepper to taste

- 12 ounces spaghetti
- 15 leaves pkt spinach fresh cleaned

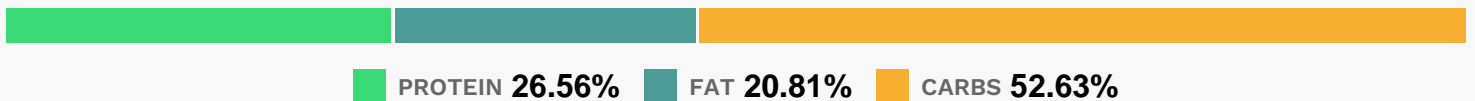
Equipment

- bowl
- sauce pan
- pot

Directions

- Heat olive oil in a large saucepan over medium heat; saute onion and garlic until onion is translucent.
- Stir in broth and tomatoes; sprinkle basil into sauce and season with salt and pepper to taste. Simmer for 15 minutes over medium-low heat.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and place pasta into serving bowls.
- Place cooked chicken in sauce to heat through; drop in spinach just before serving to cook for 2 to 3 minutes.
- Spoon sauce over hot pasta and sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:18.91, Inflammation Score:-6, Nutrition Score:17.817391154559%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 387.26kcal (19.36%), Fat: 8.92g (13.72%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 47.18g (17.16%), Sugar: 6.01g (6.67%), Cholesterol: 46.42mg (15.48%), Sodium: 979.41mg (42.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.21%), Selenium: 51.47µg (73.53%), Vitamin B3: 8.6mg (43%), Manganese: 0.81mg (40.42%), Phosphorus: 276.7mg (27.67%), Vitamin B6: 0.51mg (25.41%), Vitamin K: 21.73µg (20.7%), Copper: 0.35mg (17.72%), Magnesium: 65.56mg (16.39%), Potassium: 531.71mg (15.19%), Fiber: 3.57g (14.27%), Vitamin B2: 0.24mg (14.26%), Iron: 2.54mg (14.12%), Vitamin E: 1.87mg (12.49%), Vitamin B1: 0.18mg (12.11%), Zinc: 1.81mg (12.06%), Vitamin C: 8.68mg (10.52%), Calcium: 97.7mg (9.77%), Vitamin B5: 0.94mg (9.44%), Vitamin A: 432.4IU (8.65%), Folate: 30.11µg (7.53%), Vitamin B12: 0.25µg (4.1%)