



Speedy Spaghetti with Chicken and Fresh Tomato

READY IN



25 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 3 cups roasted chicken boneless cooked
- 2 tablespoons basil fresh chopped
- 4 oz goat cheese fresh crumbled
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 small onion finely chopped
- 6 plum tomatoes ripe seeded cut in 1/4-inch dice
- 0.5 teaspoon salt

12 ounces pasta like spaghetti uncooked

Equipment

pot

colander

Directions

Bring a large pot of salted water to a boil, add spaghetti and cook according to package directions, stirring often, until al dente. Reserve 1 1/2 cups cooking liquid from pasta.

Drain spaghetti in a colander and reserve.

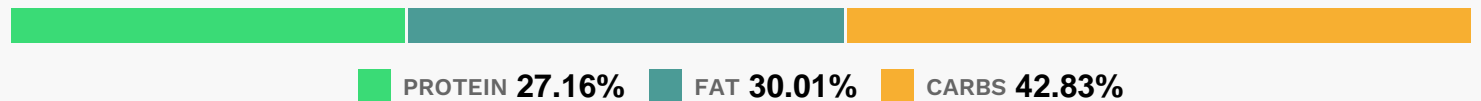
Heat oil over medium heat in same pot.

Add onion and cook, stirring, until softened, about 5 minutes. Return pasta to pot along with tomato, chicken and pasta liquid. Toss well and season with salt and pepper to taste.

Transfer pasta to plates.

Sprinkle with basil, dot with crumbled goat cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:26.86, Inflammation Score:-8, Nutrition Score:24.056087006693%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 651.82kcal (32.59%), Fat: 21.43g (32.98%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 68.85g (22.95%), Net Carbohydrates: 64.67g (23.52%), Sugar: 5.71g (6.35%), Cholesterol: 91.79mg (30.6%), Sodium: 484.41mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.31%), Selenium: 80.47µg (114.96%), Vitamin B3: 10.43mg (52.13%), Manganese: 0.98mg (48.98%), Phosphorus: 463.03mg (46.3%), Vitamin

B6: 0.72mg (35.97%), Copper: 0.58mg (29.01%), Vitamin A: 1164.24IU (23.28%), Zinc: 3.25mg (21.69%), Magnesium: 84.46mg (21.12%), Vitamin B2: 0.34mg (19.79%), Potassium: 687.85mg (19.65%), Iron: 3.29mg (18.25%), Vitamin C: 14.22mg (17.23%), Vitamin B5: 1.69mg (16.88%), Fiber: 4.18g (16.71%), Vitamin K: 16.54µg (15.75%), Vitamin B1: 0.2mg (13.63%), Vitamin E: 1.67mg (11.12%), Folate: 41.93µg (10.48%), Calcium: 85.94mg (8.59%), Vitamin B12: 0.36µg (5.97%)