



# Szechuan Chicken and Pasta

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 oz rotini pasta uncooked (corkscrew)
- 1 small onion red cut into thin wedges
- 19 oz rye flakes green frozen giant®
- 1 lb chicken breast boneless skinless cut into 3/4- to 1-inch pieces
- 2 cups water

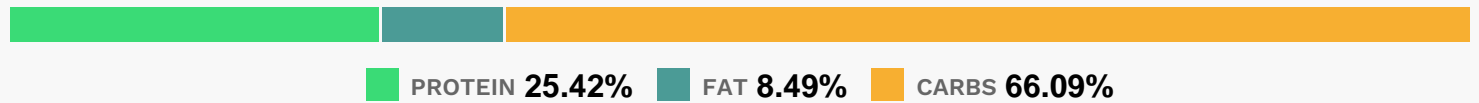
## Equipment

- frying pan

## Directions

- Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- Add chicken and onion; stir-fry 3 to 5 minutes or until chicken is light brown.
- Stir in water; heat to boiling. Stir in pasta. Cook 8 to 10 minutes, stirring occasionally, until pasta is almost tender (do not drain).
- Stir in contents of meal starter bag. Reduce heat to medium; cover and cook 8 to 9 minutes, stirring occasionally, until vegetables are crisp-tender and sauce chips are melted.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:13.33, Inflammation Score:-9, Nutrition Score:45.293478250504%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 734.34kcal (36.72%), Fat: 7.24g (11.14%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 126.83g (42.28%), Net Carbohydrates: 94.57g (34.39%), Sugar: 3.65g (4.05%), Cholesterol: 72.57mg (24.19%), Sodium: 142.45mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.77g (97.55%), Manganese: 9.46mg (473.23%), Selenium: 131.98µg (188.54%), Fiber: 32.26g (129.05%), Phosphorus: 1177.53mg (117.75%), Vitamin B3: 19.99mg (99.94%), Magnesium: 389.91mg (97.48%), Vitamin B6: 1.48mg (74.07%), Zinc: 8.86mg (59.05%), Copper: 1.13mg (56.29%), Iron: 9.65mg (53.6%), Potassium: 1537.57mg (43.93%), Vitamin B5: 3.85mg (38.53%), Vitamin B1: 0.53mg (35.17%), Vitamin B2: 0.55mg (32.37%), Vitamin E: 2.15mg (14.35%), Calcium: 99.88mg (9.99%), Folate: 37.61µg (9.4%), Vitamin K: 8.32µg (7.93%), Vitamin C: 3.4mg (4.12%), Vitamin B12: 0.23µg (3.78%)