



Tagliatelle with Chicken

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 pound meat from a rotisserie chicken
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 0.5 cup pinenuts lightly toasted
- ☐ 1 Leaves from 3 rosemary sprigs minced
- ☐ 8 servings salt and freshly milled pepper black
- ☐ 0.3 cup sultanas for 30 minutes
- ☐ 1 pound tagliatelle

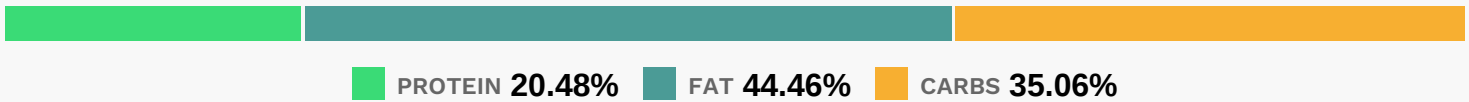
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Rub the chicken with the oil and sprinkle with the salt and pepper, then place it breast down in a roasting pan and roast for about 1 1/2 hours, or until well browned, turning it over toward the end to brown the breast. It's done when the juices run clear, not pink, when you cut into the thigh. When the chicken's nearly ready, put abundant water on for the pasta, salting it when it boils.
- ☐ Take the chicken out of the oven and take the meat off the bone, leaving all that glorious burnished skin on, and cut it into small pieces. I do much of this by just pulling, without a knife, but if you haven't got asbestos hands, use a knife and fork or wait until it is cooler.
- ☐ For the sauce, pour all the juices from the roasting pan into a saucepan.
- ☐ Add the rosemary, the drained sultanas and the pine nuts. Begin to simmer the sauce when you are ready to cook the pasta.
- ☐ Cook and drain the pasta, and toss it with the sauce, chicken pieces, and parsley in a large warmed bowl.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:19.57, Inflammation Score:-5, Nutrition Score:19.1986957322%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 529.27kcal (26.46%), Fat: 26.19g (40.29%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 43.95g (15.98%), Sugar: 4.95g (5.5%), Cholesterol: 119.07mg (39.69%), Sodium: 273.96mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.28%), Selenium: 58.5µg (83.58%), Manganese: 1.27mg (63.43%), Vitamin B3: 8.12mg (40.61%), Phosphorus: 332.8mg (33.28%), Vitamin B6: 0.49mg (24.32%), Vitamin K: 24.98µg (23.79%), Zinc: 2.92mg (19.43%), Magnesium: 76.01mg (19%), Copper: 0.35mg (17.49%), Iron: 2.63mg (14.61%), Vitamin B5: 1.42mg (14.23%), Vitamin B1: 0.19mg (12.42%), Potassium: 420.63mg (12.02%), Vitamin E: 1.8mg (12.01%), Vitamin B2: 0.2mg (11.62%), Fiber: 2.51g (10.04%), Vitamin B12: 0.46µg (7.66%), Folate: 27.11µg (6.78%), Vitamin A: 259.11IU (5.18%), Vitamin C: 3.19mg (3.87%), Calcium: 38.01mg (3.8%), Vitamin D: 0.36µg (2.4%)