



Tagliatelle with grilled chicken & tomatoes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g chicken breasts skinless
- ☐ 1 lemon zest
- ☐ 1 tbsp tarragon dried chopped
- ☐ 2 tsp olive oil
- ☐ 8 small tomatoes halved
- ☐ 300 g tagliatelle

Equipment

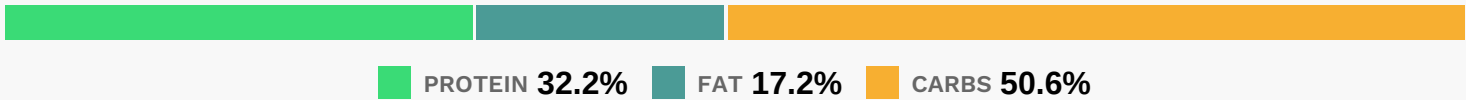
- ☐ frying pan

☐ grill

Directions

- ☐ Heat the grill to high. Coat the chicken with the lemon zest and juice, tarragon, salt and pepper. Put in a large, shallow ovenproof dish or roasting tin in one layer.
- ☐ Brush lightly with a little oil, then grill for 6 mins. Turn the chicken over and add the tomatoes to the dish, cut-side up, brushing them lightly with oil. Grill for a further 6–8 mins until the chicken is cooked and lightly browned and the tomatoes are tender.
- ☐ Meanwhile, cook the pasta in a large pan of boiling water according to pack instructions.
- ☐ Drain well, reserving 150ml of the cooking water, then return to the pan.
- ☐ Remove the chicken from the dish and cut into chunks.
- ☐ Add to the pasta with the tomatoes, cooking water and pan juices. Toss everything together well and serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:24.65, Inflammation Score:-9, Nutrition Score:28.43217399846%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 487.39kcal (24.37%), Fat: 9.27g (14.27%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 56.47g (20.53%), Sugar: 6.26g (6.95%), Cholesterol: 143mg (47.67%), Sodium: 170.73mg (7.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.11%), Selenium: 99.16µg (141.66%), Vitamin B3: 15.81mg (79.03%), Vitamin B6: 1.28mg (63.77%), Phosphorus: 490.87mg (49.09%), Manganese: 0.96mg (48.15%), Vitamin C: 28.97mg (35.11%), Vitamin A: 1651.21IU (33.02%), Potassium: 1115.5mg (31.87%), Vitamin B5: 2.63mg (26.32%), Magnesium: 100.41mg (25.1%), Fiber: 4.91g (19.63%), Copper: 0.37mg (18.67%), Vitamin B1: 0.28mg (18.58%), Zinc: 2.53mg (16.83%), Vitamin K: 16.36µg (15.58%), Iron: 2.79mg (15.51%), Folate: 57.53µg (14.38%), Vitamin B2: 0.24mg (14.37%), Vitamin E: 1.83mg (12.17%), Vitamin B12: 0.47µg (7.79%), Calcium: 66.4mg (6.64%), Vitamin D: 0.35µg (2.33%)