



Tomato-Chicken Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound chicken breast tenders cut into 1-inch pieces
- ☐ 0.5 cup cooking wine dry white
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce preshredded parmesan cheese fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots finely chopped

- ☐ 2 tablespoons sun-dried tomato sprinkles
- ☐ 0.3 cup water boiling
- ☐ 0.3 cup whipping cream

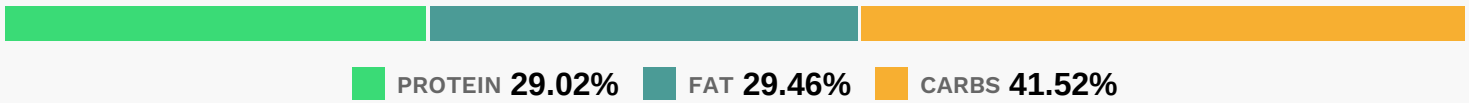
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, combine water and tomato sprinkles in a small bowl; let stand 5 minutes.
- ☐ Drain.
- ☐ While tomato soaks, heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add shallots and chicken, and saute 5 minutes. Reduce heat to medium; stir in wine and cream. Cook 3 minutes, stirring occasionally.
- ☐ Combine the pasta, tomato, chicken mixture, 1/4 cup basil, cheese, and salt, tossing well to coat.
- ☐ Sprinkle with 1/4 cup basil and pepper.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:20.83, Inflammation Score:-7, Nutrition Score:23.843043741973%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 540.46kcal (27.02%), Fat: 16.89g (25.98%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 50.12g (18.22%), Sugar: 5.4g (6%), Cholesterol: 153.39mg (51.13%), Sodium: 563.16mg (24.49%), Alcohol: 3.09g (100%), Alcohol %: 1.37% (100%), Protein: 37.42g (74.85%), Selenium: 89.28µg (127.54%), Vitamin B3: 13.55mg (67.73%), Vitamin B6: 1.13mg (56.54%), Phosphorus: 486.47mg (48.65%), Manganese: 0.78mg (39.14%), Vitamin B5: 2.44mg (24.4%), Potassium: 816.99mg (23.34%), Magnesium: 87.34mg (21.83%), Vitamin K: 16.59µg (15.8%), Zinc: 2.36mg (15.71%), Copper: 0.3mg (15.15%), Vitamin B2: 0.26mg (15.1%), Calcium: 147.9mg (14.79%), Vitamin B1: 0.22mg (14.76%), Iron: 2.49mg (13.85%), Fiber: 3.44g (13.75%), Vitamin A: 602.44IU (12.05%), Folate: 38.44µg (9.61%), Vitamin B12: 0.53µg (8.81%), Vitamin C: 5.37mg (6.5%), Vitamin E: 0.97mg (6.5%), Vitamin D: 0.66µg (4.38%)