



Tricolore Penne Pasta with Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arugula leaves roughly chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large head endive sliced into thin strips
- ☐ 1.5 cups basil leaves fresh plus more for garnish thinly sliced
- ☐ 4 large cloves garlic thinly sliced
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan shaved
- ☐ 1 medium head radicchio thinly thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound chicken breast halves boneless skinless thinly sliced
- ☐ 0.5 cup sun-dried tomatoes sliced into strips not oil-packed
- ☐ 12 ounces penne pasta whole-wheat

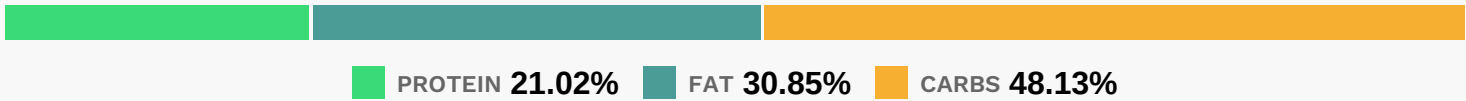
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the pasta according to the package directions.
- ☐ Drain, reserving 1/2 cup pasta water. While the pasta is cooking, heat the oil over a medium heat in a large, heavy skillet.
- ☐ Add the garlic and tomatoes and cook until the garlic is soft but not browned, about 2 minutes.
- ☐ Add the chicken and cook, stirring a few times, until just cooked through, about 5 minutes.
- ☐ Add the arugula, radicchio, endive, broth, salt, and pepper, and cook until the greens are wilted, 1 to 2 minutes.
- ☐ Add pasta water, as necessary, for a wetter sauce.
- ☐ Combine the pasta and vegetable mixture in the pasta pot and toss to combine.
- ☐ Add the basil just before serving.
- ☐ Garnish with shaved Parmesan and a sprinkling of basil.
- ☐ Excellent Source of: Calcium, Fiber, Folate, Iron, Manganese, Niacin, Phosphorus, Potassium, Vitamin A, Vitamin C, Vitamin K, Protein
- ☐ Good Source of: Copper, Magnesium, Molybdenum, Riboflavin, Selenium, Thiamin, Zinc, Vitamin B6, Pantothenic Acid

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:31.46913042535%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 14.86mg, Kaempferol: 14.86mg, Kaempferol: 14.86mg, Kaempferol: 14.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.9mg, Quercetin: 22.9mg, Quercetin: 22.9mg, Quercetin: 22.9mg

Nutrients (% of daily need)

Calories: 579.99kcal (29%), Fat: 19.93g (30.66%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 57.6g (20.95%), Sugar: 8.03g (8.92%), Cholesterol: 40.54mg (13.51%), Sodium: 528.61mg (22.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Vitamin K: 501.34µg (477.47%), Vitamin A: 3356.46IU (67.13%), Folate: 229.76µg (57.44%), Manganese: 1.05mg (52.54%), Fiber: 12.36g (49.45%), Vitamin B3: 8.55mg (42.73%), Potassium: 1368.86mg (39.11%), Copper: 0.64mg (32%), Selenium: 21.66µg (30.94%), Vitamin B6: 0.6mg (30.1%), Phosphorus: 299.39mg (29.94%), Vitamin E: 4.26mg (28.43%), Vitamin C: 23.04mg (27.93%), Vitamin B5: 2.41mg (24.08%), Magnesium: 82.23mg (20.56%), Calcium: 204.31mg (20.43%), Iron: 3.52mg (19.56%), Vitamin B2: 0.28mg (16.54%), Zinc: 2.3mg (15.33%), Vitamin B1: 0.23mg (15.08%), Vitamin B12: 0.23µg (3.88%)