



Twelve Minute Pasta Toss

READY IN

ready

32 min.

SERVINGS

servings

8

CALORIES

calories

390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 teaspoons basil dried
- ☐ 3 cloves garlic minced
- ☐ 1.3 teaspoons garlic powder
- ☐ 4 tablespoons olive oil
- ☐ 1.3 teaspoons oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 ounces rotini pasta
- ☐ 1.3 teaspoons salt
- ☐ 4 chicken breast halves boneless skinless cut into bite size pieces

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 1 cup sun-dried tomatoes chopped

Equipment

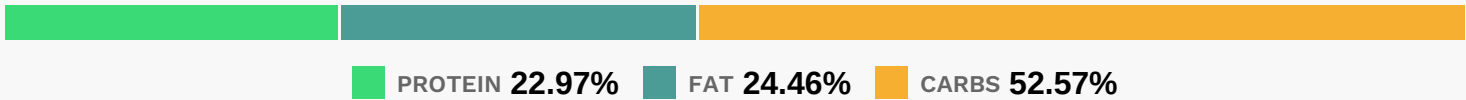
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 pot

Directions

- ☐ Cook and drain pasta as directed.
- ☐ While pasta is cooking, in a 5-quart pot, heat olive oil and saute chicken, garlic, salt, garlic powder, basil, and oregano until chicken is cooked.
- ☐ Add sun-dried tomatoes and cook for two minutes.
- ☐ Remove from heat and toss with pasta.
- ☐ Serve with grated Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:18.94, Inflammation Score:-6, Nutrition Score:17.738260869099%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 389.69kcal (19.48%), Fat: 10.63g (16.36%), Saturated Fat: 2g (12.48%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 47.64g (17.32%), Sugar: 6.72g (7.47%), Cholesterol: 38.88mg (12.96%), Sodium: 502.51mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.93%), Selenium: 56.06µg (80.08%), Manganese: 0.84mg (42.01%), Vitamin B3: 8.14mg (40.69%), Phosphorus: 299.13mg (29.91%), Vitamin B6: 0.58mg (28.95%), Potassium: 831.16mg (23.75%), Copper: 0.39mg (19.35%), Magnesium: 75.12mg (18.78%), Fiber: 3.76g (15.05%), Vitamin K: 14.99µg (14.28%), Iron: 2.55mg (14.18%), Vitamin B5: 1.36mg (13.61%), Vitamin B1: 0.17mg (11.04%), Zinc: 1.58mg (10.56%), Vitamin B2: 0.17mg (10.23%), Vitamin E: 1.27mg (8.49%), Vitamin C: 6.43mg (7.8%), Calcium: 68.67mg (6.87%), Folate: 23.48µg (5.87%), Vitamin A: 170.74IU (3.41%), Vitamin B12: 0.16µg (2.59%)