



WHATSheATE



HEALTH SCORE

88%

Whole-Wheat Pasta with Kale and Roast Chicken



Dairy Free



Very Healthy

READY IN



32 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 cups goat meat white with pan sauce
- ☐ 15 oz chickpeas white drained and rinsed low-sodium canned
- ☐ 2 teaspoons ground coriander
- ☐ 1 recipe braised kale pureed
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 ounces pasta like spaghetti whole-wheat

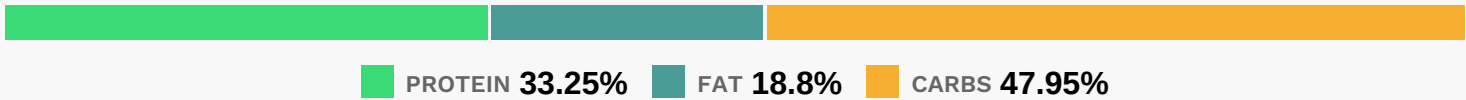
Equipment

☐ frying pan

Directions

- ☐ Cook pasta until al dente. Reserve 3 TBSP cooking liquid; drain.
- ☐ In large skillet, heat rest of ingredients, stirring, until very hot.
- ☐ Toss in the pasta and cooking liquid.

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:26.615217152497%

Flavonoids

Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 470.79kcal (23.54%), Fat: 10.06g (15.47%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 57.71g (19.24%), Net Carbohydrates: 52.44g (19.07%), Sugar: 0.02g (0.03%), Cholesterol: 78.75mg (26.25%), Sodium: 671.37mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.03%), Manganese: 2.69mg (134.47%), Selenium: 69.65µg (99.49%), Vitamin B3: 11.38mg (56.89%), Vitamin B6: 1.06mg (53.23%), Phosphorus: 438.93mg (43.89%), Magnesium: 136.48mg (34.12%), Iron: 4.87mg (27.06%), Vitamin B1: 0.38mg (25.44%), Zinc: 3.73mg (24.9%), Copper: 0.49mg (24.73%), Fiber: 5.27g (21.09%), Vitamin B5: 1.9mg (19.02%), Folate: 65.89µg (16.47%), Vitamin B2: 0.26mg (15.55%), Potassium: 541.06mg (15.46%), Vitamin K: 11.13µg (10.6%), Calcium: 87.85mg (8.79%), Vitamin A: 335.09IU (6.7%), Vitamin B12: 0.3µg (5.08%), Vitamin C: 2.88mg (3.5%)