



15 Minute Parmesan Pasta with Chicken & Broccoli

READY IN



20 min.

SERVINGS



20

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups broccoli florets) broccoli florets fresh frozen
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1 clove garlic minced
- 3 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 8 oz soup noodles uncooked

Equipment

sauce pan

Directions

- Cook pasta as directed on package in large saucepan, adding broccoli during last 5 minutes of cooking time; drain.
- Cook and stir garlic and chicken breast strips in butter in same saucepan on medium heat 1 to 2 minutes or until garlic is tender but not brown and chicken is heated through.
- Add pasta and broccoli; toss lightly.
- Sprinkle with cheese; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:3.58, Inflammation Score:-2, Nutrition Score:4.314347864817%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 81.27kcal (4.06%), Fat: 2.57g (3.95%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 8.86g (3.22%), Sugar: 0.54g (0.6%), Cholesterol: 8.32mg (2.77%), Sodium: 53.19mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin C: 12.18mg (14.76%), Selenium: 10.3µg (14.72%), Vitamin K: 13.98µg (13.32%), Vitamin B3: 1.45mg (7.24%), Manganese: 0.14mg (6.78%), Phosphorus: 58.45mg (5.84%), Vitamin B6: 0.09mg (4.65%), Vitamin A: 172.76IU (3.46%), Magnesium: 11.88mg (2.97%), Fiber: 0.72g (2.89%), Folate: 11.1µg (2.78%), Potassium: 93.97mg (2.68%), Zinc: 0.36mg (2.38%), Copper: 0.04mg (2.22%), Vitamin B2: 0.04mg (2.21%), Calcium: 21.79mg (2.18%), Vitamin B5: 0.22mg (2.15%), Iron: 0.34mg (1.91%), Vitamin B1: 0.03mg (1.77%), Vitamin E: 0.21mg (1.42%)