

Bird's Chicken and Bow Ties in Cheese Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

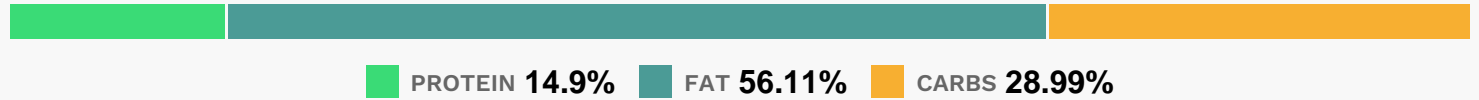
Ingredients

- 0.3 teaspoon pepper black
- 8 ounces farfalle pasta
- 0.5 cup chicken broth
- 6 ounces feta cheese crumbled
- 1 spring onion chopped
- 1 cup cup heavy whipping cream
- 6 ounces neufchatel cheese softened
- 1 tablespoon olive oil
- 1 cup peas with broccoli or cut up asparagus also) cooked canned

- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon salt
- 1 chicken breast boneless skinless cut into 1 cubes
- 1 teaspoon thyme leaves chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:62.33, Glycemic Load:19.36, Inflammation Score:-9, Nutrition Score:23.440434782609%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 729.33kcal (36.47%), Fat: 45.64g (70.22%), Saturated Fat: 25.62g (160.11%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 48.93g (17.79%), Sugar: 6.87g (7.63%), Cholesterol: 155.22mg (51.74%), Sodium: 1083.19mg (47.1%), Protein: 27.28g (54.55%), Selenium: 55.13µg (78.76%), Phosphorus: 445.52mg (44.55%), Vitamin B2: 0.67mg (39.43%), Manganese: 0.74mg (36.78%), Vitamin A: 1789.52IU (35.79%), Calcium: 327.59mg (32.76%), Vitamin B6: 0.58mg (28.92%), Vitamin B3: 5.32mg (26.61%), Zinc: 3.18mg (21.19%), Vitamin K: 21.15µg (20.14%), Vitamin C: 16.56mg (20.07%), Vitamin B1: 0.26mg (17.39%), Magnesium: 67.96mg (16.99%), Vitamin B12: 1µg (16.73%), Fiber: 4.1g (16.41%), Vitamin B5: 1.5mg (15.02%), Folate: 59.04µg (14.76%), Copper: 0.28mg (13.99%), Potassium: 487.75mg (13.94%), Iron: 1.97mg (10.97%), Vitamin E: 1.54mg (10.26%), Vitamin D: 1.15µg (7.67%)