



Bow-Ties with Chicken and Asparagus

READY IN



25 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb asparagus fresh
- ☐ 8 oz farfalle pasta uncooked (farfalle)
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons basil fresh chopped
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 1 cup chicken broth reduced-sodium (from 32-oz carton)

- ☐ 1 oz parmesan shredded finely
- ☐ 6 servings salt
- ☐ 1 lb chicken breast boneless skinless cut into 1-inch pieces

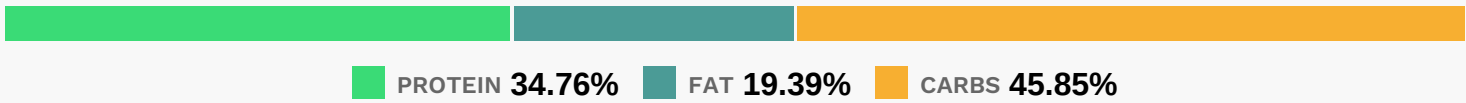
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package, omitting salt.
- ☐ Meanwhile, break off tough ends of asparagus as far down as stalks snap easily. Wash asparagus; cut into 1-inch pieces.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add chicken; cook 2 minutes, stirring occasionally. Stir in asparagus, mushrooms and garlic. Cook 6 to 8 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are tender.
- ☐ In small bowl, gradually stir broth into cornstarch. Stir in onions and basil. Stir cornstarch mixture into chicken mixture. Cook and stir 1 to 2 minutes or until thickened and bubbly. Season with salt. Toss with pasta.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:12.25, Inflammation Score:-7, Nutrition Score:21.437391483265%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 303.35kcal (15.17%), Fat: 6.56g (10.09%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 34.89g (11.63%),
Net Carbohydrates: 31.56g (11.48%), Sugar: 3.38g (3.75%), Cholesterol: 51.6mg (17.2%), Sodium: 375.63mg (16.33%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Selenium: 54.6µg (78.01%), Vitamin B3: 11.22mg
(56.09%), Vitamin K: 44.79µg (42.66%), Vitamin B6: 0.75mg (37.61%), Phosphorus: 350.23mg (35.02%),
Manganese: 0.53mg (26.42%), Vitamin B2: 0.39mg (22.9%), Copper: 0.42mg (21.21%), Vitamin B5: 2.05mg
(20.45%), Potassium: 692.65mg (19.79%), Iron: 2.81mg (15.59%), Vitamin B1: 0.23mg (15.17%), Folate: 59.05µg
(14.76%), Magnesium: 57.7mg (14.43%), Vitamin A: 707.9IU (14.16%), Fiber: 3.33g (13.31%), Zinc: 1.78mg (11.87%),
Vitamin E: 1.49mg (9.94%), Calcium: 94.65mg (9.46%), Vitamin C: 7.15mg (8.67%), Vitamin B12: 0.26µg (4.37%),
Vitamin D: 0.17µg (1.17%)