



Cheesy Chicken-Pasta Skillet

READY IN



35 min.

SERVINGS



35

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli florets frozen
- 2 cups farfalle pasta uncooked (bow-tie pasta)
- 1 cup regular corn frozen
- 1 cup mild cheddar cheese shredded divided kraft
- 2 cups salsa
- 1 lb chicken breasts boneless skinless
- 1.5 cups water

Equipment

frying pan

Directions

- Cook chicken in large nonstick skillet on medium-high heat 4 min. on each side or until lightly browned on both sides.
- Add salsa and water; bring to boil. Stir in pasta; cover. Simmer on medium-low heat 13 to 15 min. or until pasta is tender and chicken is done (165F).
- Stir in vegetables and 1/2 cup cheese. Cook 5 min. or until vegetables are heated through and cheese is melted, stirring occasionally. Top with remaining cheese; cover.
- Remove from heat.
- Let stand 1 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.89, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:3.1278260777826%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 50.48kcal (2.52%), Fat: 1.56g (2.4%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.34g (1.58%), Sugar: 0.71g (0.79%), Cholesterol: 11.52mg (3.84%), Sodium: 135.42mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Selenium: 7.46µg (10.66%), Vitamin B3: 1.67mg (8.37%), Vitamin B6: 0.14mg (7.17%), Phosphorus: 59.05mg (5.91%), Vitamin C: 3.1mg (3.75%), Potassium: 118.49mg (3.39%), Vitamin K: 3.38µg (3.22%), Manganese: 0.06mg (3.17%), Calcium: 30.07mg (3.01%), Vitamin B5: 0.27mg (2.72%), Magnesium: 10.44mg (2.61%), Vitamin A: 123.94IU (2.48%), Vitamin B2: 0.04mg (2.42%), Fiber: 0.58g (2.31%), Zinc: 0.32mg (2.11%), Vitamin E: 0.25mg (1.69%), Vitamin B1: 0.02mg (1.61%), Folate: 5.93µg (1.48%), Copper: 0.03mg (1.47%), Iron: 0.21mg (1.17%)