



Chicken Alfredo Pasta

READY IN



15 min.

SERVINGS



15

CALORIES



129 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounce chicken breast diced frozen cooked
- ☐ 15 ounce chicken soup low-fat alfredo-style canned
- ☐ 10 ounce vegetables mixed frozen
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 cups rotini uncooked
- ☐ 0.5 teaspoon salt

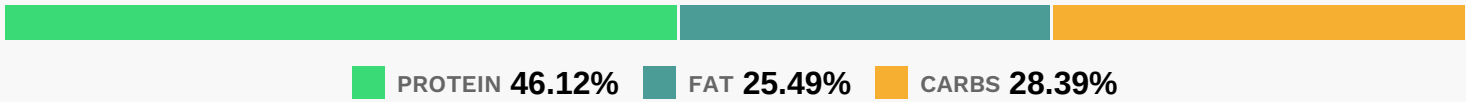
Equipment

☐ dutch oven

Directions

- ☐ Cook pasta and vegetables together in boiling water in a Dutch oven 10 minutes or until pasta is done and vegetables are tender.
- ☐ Drain pasta and vegetables; return to Dutch oven.
- ☐ Add chicken and next 3 ingredients to pasta mixture, stirring well. Cook over low heat 2 minutes or until thoroughly heated.
- ☐ Sprinkle with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:3.21, Inflammation Score:-6, Nutrition Score:6.1434782121492%

Nutrients (% of daily need)

Calories: 129.39kcal (6.47%), Fat: 3.59g (5.52%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.98g (2.9%), Sugar: 0.22g (0.24%), Cholesterol: 30.08mg (10.03%), Sodium: 265.28mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.24%), Selenium: 15.63µg (22.33%), Vitamin A: 1028.08IU (20.56%), Vitamin B3: 3.39mg (16.94%), Phosphorus: 119.05mg (11.9%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.15mg (7.66%), Manganese: 0.13mg (6.41%), Vitamin B12: 0.36µg (6.06%), Magnesium: 19.74mg (4.93%), Iron: 0.84mg (4.67%), Vitamin B2: 0.07mg (4.38%), Potassium: 148.35mg (4.24%), Fiber: 1.02g (4.08%), Copper: 0.06mg (3.22%), Vitamin B1: 0.04mg (2.84%), Calcium: 27.85mg (2.79%), Vitamin C: 1.97mg (2.38%), Vitamin B5: 0.24mg (2.35%), Folate: 8.27µg (2.07%), Vitamin E: 0.15mg (1.03%)