



Chicken and Bow Tie Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces bow tie pasta uncooked
- 0.5 cup celery chopped
- 8 ounce pasteurized cheese product cubed prepared
- 4 skinned and boned chicken breasts cut into bite-size pieces
- 1 cup chicken broth
- 10.8 ounce cream of mushroom soup canned
- 0.5 cup onion chopped
- 4 servings garnish: parsley fresh chopped
- 1 quart water

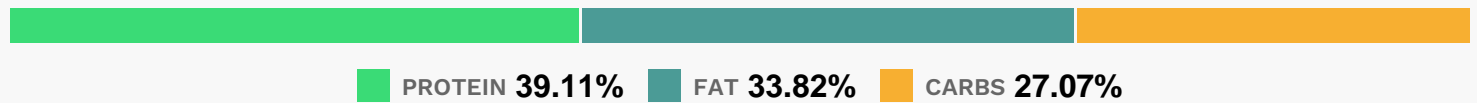
Equipment

- slotted spoon
- dutch oven

Directions

- Bring 1 quart salted water to a boil in a Dutch oven.
- Add chicken, and cook 12 minutes or until done.
- Remove chicken from water with a slotted spoon.
- Add pasta to water in Dutch oven, and cook 10 minutes or until tender; drain. Keep warm.
- Heat 1/4 cup broth over medium-high heat in a Dutch oven; add celery and onion, and cook 5 minutes or until tender. Stir in chicken, soup, cheese, and remaining 3/4 cup chicken broth, stirring until cheese is melted. Toss with pasta; garnish, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:17.9, Inflammation Score:-8, Nutrition Score:37.012173777041%

Flavonoids

Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 760.53kcal (38.03%), Fat: 28.01g (43.1%), Saturated Fat: 13.27g (82.91%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 47.8g (17.38%), Sugar: 3g (3.34%), Cholesterol: 206.32mg (68.77%), Sodium: 1419.49mg (61.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.89g (145.78%), Selenium: 124.59µg (177.98%), Vitamin B3: 25.5mg (127.48%), Vitamin B6: 1.88mg (93.99%), Phosphorus: 877.04mg (87.7%), Vitamin K: 71.25µg (67.86%), Calcium: 451.73mg (45.17%), Manganese: 0.86mg (43.01%), Vitamin B5: 3.92mg (39.21%), Vitamin B2:

0.61mg (35.7%), Zinc: 5.19mg (34.58%), Potassium: 1197.06mg (34.2%), Magnesium: 117.79mg (29.45%), Copper: 0.46mg (23.04%), Vitamin A: 1031.15IU (20.62%), Vitamin B12: 1.19µg (19.78%), Vitamin B1: 0.25mg (17%), Iron: 2.55mg (14.19%), Folate: 50.91µg (12.73%), Vitamin C: 9.9mg (12%), Fiber: 2.64g (10.56%), Vitamin E: 1.01mg (6.72%), Vitamin D: 0.57µg (3.77%)