



Chicken and Bowtie Pasta with Asiago Cream Sauce

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



840 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup asiago cheese grated
- 2 tablespoons butter
- 0.3 cube chicken bouillon crumbled
- 0.5 tablespoon cornstarch
- 16 ounce farfalle pasta (bow tie)
- 1 tablespoon garlic fresh chopped
- 2.3 cups heavy cream divided

- 0.3 cup mushrooms sliced
- 0.5 tablespoon parsley flakes
- 0.3 cup pancetta chopped
- 1 pound chicken breast halves boneless skinless cubed
- 2 tablespoons vegetable oil

Equipment

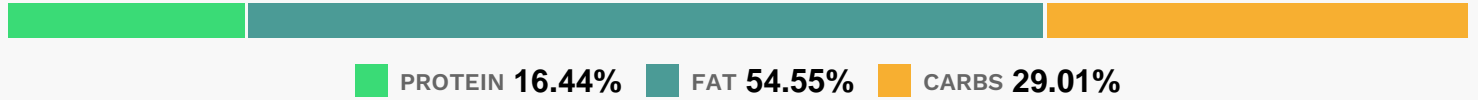
- bowl
- frying pan
- sauce pan
- whisk
- pot
- stove

Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente.
- Drain, and set aside.
- Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook and stir chicken cubes, reducing heat if necessary, until no longer pink in center and juices run clear. Set aside.
- In a medium saucepan, bring 2 cups cream to a simmer, stirring often.
- Whisk in bouillon and cheese until well blended and bouillon has dissolved completely. Dissolve cornstarch in 2 tablespoons water, and whisk into mixture. Cook and stir 2 minutes more, then remove from heat and set aside.
- Melt butter in a medium skillet over medium high heat. Stir in prosciutto, garlic, and mushrooms and cook until mushrooms are tender, about 3 minutes.
- Add chicken, reduce heat, and continue cooking until chicken is heated through. Return sauce to the stove and add remaining 1/4 cup cream and parsley flakes.
- Heat through.
- To serve, place pasta in a large mixing or serving bowl.

Add chicken and mushroom mixture and pour in cream sauce. Toss well, and serve.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:22.96, Inflammation Score:-8, Nutrition Score:22.213043783022%

Flavonoids

Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 839.64kcal (41.98%), Fat: 50.81g (78.17%), Saturated Fat: 27.62g (172.64%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 58.24g (21.18%), Sugar: 4.83g (5.37%), Cholesterol: 174.28mg (58.09%), Sodium: 413.25mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.9%), Selenium: 80.09µg (114.42%), Vitamin B3: 9.83mg (49.15%), Phosphorus: 461.76mg (46.18%), Vitamin B6: 0.76mg (38.24%), Manganese: 0.75mg (37.5%), Vitamin A: 1555.9IU (31.12%), Calcium: 232.62mg (23.26%), Vitamin B2: 0.36mg (21.26%), Magnesium: 74.13mg (18.53%), Vitamin B5: 1.82mg (18.17%), Potassium: 587.79mg (16.79%), Zinc: 2.23mg (14.86%), Copper: 0.28mg (13.76%), Vitamin K: 14.25µg (13.57%), Vitamin B1: 0.17mg (11.52%), Vitamin D: 1.61µg (10.76%), Vitamin E: 1.61mg (10.76%), Fiber: 2.54g (10.15%), Iron: 1.58mg (8.77%), Vitamin B12: 0.5µg (8.38%), Folate: 22.24µg (5.56%), Vitamin C: 2.15mg (2.61%)