



Chicken-And-Pasta Bake With Basil

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces asiago cheese grated
- 0.5 teaspoon pepper black freshly ground
- 3 cups broccoli florets
- 0.3 cup flour all-purpose
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 garlic clove minced
- 2 cups milk 1% low-fat
- 4 cups penne rigate hot (tube-shaped cooked uncooked)

- 3 cups chicken breast strips/pre-cooked/chopped chopped
- 0.3 teaspoon salt

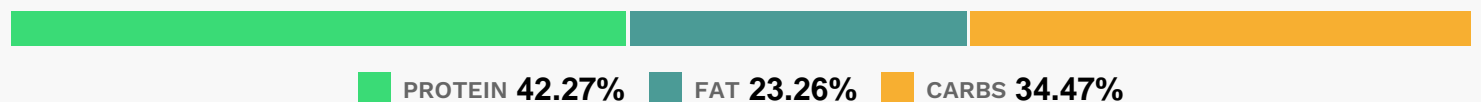
Equipment

- sauce pan
- oven
- knife
- whisk
- baking pan
- measuring cup

Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour in a heavy saucepan; gradually add milk, stirring with a whisk until blended.
- Place over medium heat; cook until thick (about 8 minutes), stirring constantly.
- Remove from heat; add cheese, stirring until melted. Set aside.
- Preheat oven to 35
- Steam broccoli, covered, 4 minutes.
- Drain.
- Combine cheese sauce, broccoli, penne, and next 5 ingredients. Spoon into an 11 x 7-inch baking dish coated with cooking spray.
- Bake at 350 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:64.08, Glycemic Load:11.74, Inflammation Score:-7, Nutrition Score:22.709565058998%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 349.74kcal (17.49%), Fat: 8.9g (13.69%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 27.23g (9.9%), Sugar: 5.18g (5.75%), Cholesterol: 76.29mg (25.43%), Sodium: 498.12mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.76%), Selenium: 43.24µg (61.78%), Vitamin K: 55.63µg (52.98%), Vitamin B3: 10.59mg (52.95%), Vitamin C: 41.26mg (50.01%), Phosphorus: 443.23mg (44.32%), Calcium: 365.67mg (36.57%), Vitamin B6: 0.61mg (30.5%), Vitamin B2: 0.35mg (20.35%), Manganese: 0.39mg (19.64%), Vitamin B12: 0.94µg (15.74%), Magnesium: 60.77mg (15.19%), Potassium: 508.1mg (14.52%), Vitamin A: 706.46IU (14.13%), Vitamin B5: 1.4mg (14.05%), Zinc: 2.1mg (14%), Iron: 2.28mg (12.66%), Vitamin B1: 0.19mg (12.57%), Folate: 49.28µg (12.32%), Fiber: 2.44g (9.76%), Copper: 0.14mg (7.03%), Vitamin D: 1.03µg (6.87%), Vitamin E: 0.66mg (4.38%)