



WHATSheATE



Chicken-and-Pasta Bake with Basil

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups asiago cheese sauce hot
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups broccoli florets
- ☐ 4 cups penne pasta hot tube-shaped cooked uncooked (8 ounces pasta)
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 cups ready-to-eat roasted skinned chopped (3 breasts)
- ☐ 0.3 teaspoon salt

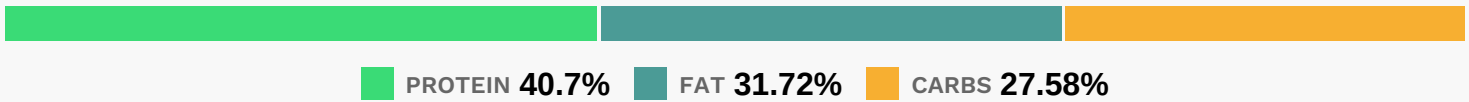
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Steam the broccoli, covered, 4 minutes.
- ☐ Drain.
- ☐ Combine broccoli and next 7 ingredients (broccoli through garlic). 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:39.92, Glycemic Load:8.99, Inflammation Score:-7, Nutrition Score:21.326522096344%

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: 323.31kcal (16.17%), Fat: 11.26g (17.33%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 19.76g (7.19%), Sugar: 1.37g (1.52%), Cholesterol: 70.67mg (23.56%), Sodium: 733.72mg (31.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.52g (65.04%), Selenium: 47.75µg (68.22%), Vitamin C: 41.98mg (50.88%), Vitamin K: 51.57µg (49.11%), Phosphorus: 454.08mg (45.41%), Calcium: 428.15mg (42.81%), Vitamin B3: 8.45mg (42.24%), Vitamin B6: 0.71mg (35.7%), Manganese: 0.35mg (17.28%), Vitamin B5: 1.55mg (15.54%), Vitamin B2: 0.25mg (14.85%), Potassium: 486.08mg (13.89%), Magnesium: 55.1mg (13.77%), Vitamin A: 620.05IU (12.4%), Zinc: 1.85mg (12.33%), Folate: 38.7µg (9.68%), Iron: 1.67mg (9.3%), Vitamin B12: 0.55µg (9.17%), Fiber: 2.28g (9.13%), Vitamin B1: 0.11mg (7.14%), Copper: 0.12mg (5.95%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.24µg (1.61%)