



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
- ☐ 2 garlic cloves minced
- ☐ 2 cups milk 1% low-fat
- ☐ 4 cups penne pasta; 8 ounces) hot (tube-shaped cooked uncooked
- ☐ 3 cups roasted chicken breast chopped

☐ 0.3 teaspoon salt

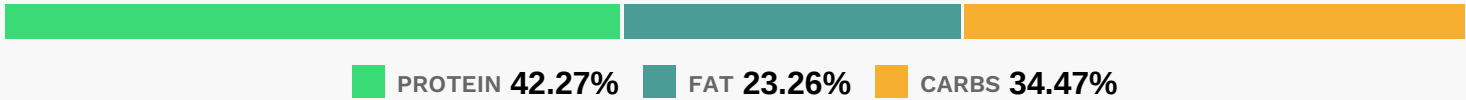
Equipment

- ☐ 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:52.42, Glycemic Load:11.74, Inflammation Score:-7, Nutrition Score:22.395652149035%

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: 349.51kcal (17.48%), Fat: 8.89g (13.68%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 27.22g (9.9%), Sugar: 5.17g (5.75%), Cholesterol: 76.29mg (25.43%), Sodium: 498.08mg (21.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.35g (72.7%), Selenium: 43.24µg (61.77%), Vitamin B3: 10.58mg (52.91%), Vitamin C: 41.08mg (49.79%), Vitamin K: 51.48µg (49.02%), Phosphorus: 442.67mg (44.27%), Calcium: 363.9mg (36.39%), Vitamin B6: 0.61mg (30.43%), Vitamin B2: 0.35mg (20.3%), Manganese: 0.38mg (19.06%), Vitamin B12: 0.94µg (15.74%), Magnesium: 60.13mg (15.03%), Potassium: 505.15mg (14.43%), Vitamin B5: 1.4mg (14.02%), Zinc: 2.09mg (13.95%), Vitamin A: 653.71IU (13.07%), Vitamin B1: 0.19mg (12.55%), Iron: 2.25mg (12.49%), Folate: 48.6µg (12.15%), Fiber: 2.42g (9.69%), Vitamin D: 1.03µg (6.87%), Copper: 0.14mg (6.84%), Vitamin E: 0.65mg (4.33%)