



Chicken and Pasta Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 2 carrots sliced thin
- 10 ounce chicken broth drained canned
- 10.8 ounce cream of mushroom soup canned
- 1.5 cups farfalle pasta
- 0.1 teaspoon garlic powder
- 0.1 teaspoon pepper black
- 0.8 cup milk
- 0.3 cup parmesan cheese grated

Equipment

sauce pan

Directions

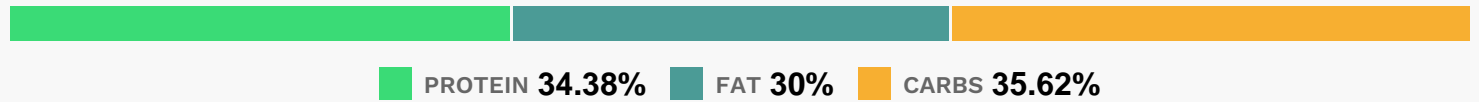
Cook pasta in boiling water until al dente.

Drain.

Meanwhile, prepare the cream sauce. In a medium saucepan mix together cream of mushroom soup, milk, Parmesan Cheese, pepper, broccoli, garlic powder, and carrots. Bring to a boil over medium heat. Reduce heat to low and cover. Simmer for 10 minutes, or until vegetables are tender. Stir occasionally.

Stir pasta and chicken into cream sauce, and heat through.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:22.698260908541%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 343.27kcal (17.16%), Fat: 11.37g (17.49%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 27.43g (9.97%), Sugar: 5.03g (5.59%), Cholesterol: 50.17mg (16.72%), Sodium: 1046.03mg (45.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.62%), Vitamin A: 5632.76IU (112.66%), Vitamin C: 42.39mg (51.38%), Vitamin K: 52.43µg (49.94%), Selenium: 31.51µg (45.02%), Phosphorus: 300.08mg (30.01%), Manganese: 0.59mg (29.5%), Zinc: 3.65mg (24.32%), Vitamin B12: 1.16µg (19.37%), Vitamin B6: 0.35mg (17.68%), Vitamin B3: 3.41mg (17.07%), Vitamin B2: 0.29mg (16.82%), Potassium: 578.06mg (16.52%), Calcium: 161.02mg (16.1%), Copper: 0.29mg (14.66%), Magnesium: 51.8mg (12.95%), Iron: 2.21mg (12.28%), Fiber: 2.93g (11.73%), Folate: 45.69µg (11.42%), Vitamin B5: 0.78mg (7.78%), Vitamin B1: 0.12mg (7.71%), Vitamin E: 0.86mg (5.76%), Vitamin D: 0.61µg (4.04%)