



Chicken and Ravioli Carbonara

READY IN



30 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons salad dressing italian
- 1 lb chicken breast boneless skinless cut into 1/2-inch strips
- 0.8 cup chicken broth (from 32-oz carton)
- 9 oz cheese ravioli refrigerated
- 4 slices bacon crumbled cooked
- 1 serving parmesan shredded
- 1 serving parsley fresh chopped
- 0.5 cup frangelico

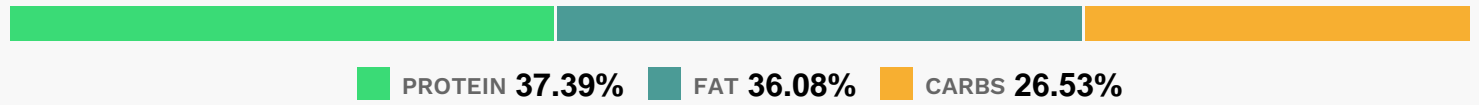
Equipment

frying pan

Directions

- In 10-inch skillet, heat dressing over high heat. Cook chicken in dressing 2 to 4 minutes, turning occasionally, until brown.
- Add broth and ravioli to skillet.
- Heat to boiling; reduce heat to medium. Cook uncovered about 4 minutes or until ravioli are tender and almost all broth has evaporated.
- Stir in half-and-half; reduce heat. Simmer uncovered 3 to 5 minutes or until sauce is hot and desired consistency (cook longer for a thicker sauce).
- Sprinkle with bacon, cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:9.62, Inflammation Score:-3, Nutrition Score:16.238260823747%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 428.33kcal (21.42%), Fat: 16.79g (25.84%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 25.93g (9.43%), Sugar: 2.29g (2.54%), Cholesterol: 120.92mg (40.31%), Sodium: 1013.2mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.17g (78.33%), Vitamin B3: 12.81mg (64.03%), Selenium: 42.35µg (60.5%), Vitamin B6: 0.9mg (45.22%), Iron: 7.33mg (40.71%), Phosphorus: 324.62mg (32.46%), Vitamin K: 20.67µg (19.69%), Vitamin B5: 1.75mg (17.47%), Potassium: 485.74mg (13.88%), Calcium: 112.16mg (11.22%), Vitamin B2: 0.18mg (10.81%), Magnesium: 36.55mg (9.14%), Vitamin B1: 0.13mg (8.79%), Zinc: 1.16mg (7.7%), Fiber: 1.86g (7.43%), Vitamin B12: 0.41µg (6.88%), Vitamin A: 183.2IU (3.66%), Vitamin C: 2.72mg (3.3%), Vitamin E: 0.44mg (2.96%), Copper: 0.05mg (2.54%), Manganese: 0.04mg (2.22%), Folate: 6.58µg (1.65%), Vitamin D: 0.18µg (1.22%)