



Chicken and Spring Vegetable Toss

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces alfredo sauce refrigerated reduced-fat
- 0.5 pound asparagus cut into 1-inch pieces
- 9 ounces rotini pasta uncooked (corkscrew)
- 0.5 teaspoon pepper
- 1 medium bell pepper red cut into 1-inch pieces
- 0.8 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 tablespoon water
- 1 medium bell pepper yellow cut into 1-inch pieces

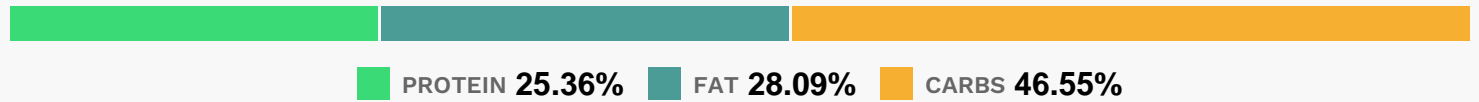
Equipment

- frying pan

Directions

- Cook and drain pasta as directed on package.
- While pasta is cooking, spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 3 to 4 minutes, stirring frequently, until brown.
- Stir bell peppers, asparagus, water and pepper into chicken; reduce heat. Cover and simmer 3 to 4 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- Stir pasta and Alfredo sauce into chicken mixture; cook until hot.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:13.25, Inflammation Score:-8, Nutrition Score:18.042173903921%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 325.94kcal (16.3%), Fat: 10.01g (15.4%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 34.54g (12.56%), Sugar: 3.44g (3.82%), Cholesterol: 67.28mg (22.43%), Sodium: 387.99mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Vitamin C: 64.58mg (78.28%), Selenium: 45.98µg (65.68%), Vitamin B3: 7.38mg (36.89%), Vitamin B6: 0.61mg (30.55%), Manganese: 0.52mg (26.24%), Phosphorus: 229.27mg (22.93%), Vitamin A: 964.33IU (19.29%), Vitamin K: 17.13µg (16.31%), Potassium: 467.08mg (13.35%), Vitamin B5: 1.19mg (11.93%), Magnesium: 47.64mg (11.91%), Copper: 0.24mg (11.84%), Fiber: 2.79g (11.17%), Folate: 43.89µg (10.97%), Iron: 1.76mg (9.8%), Vitamin B1: 0.15mg (9.67%), Vitamin B2: 0.16mg (9.27%), Zinc: 1.22mg (8.12%), Vitamin E: 0.9mg (5.98%), Calcium: 25.22mg (2.52%), Vitamin B12: 0.11µg (1.89%)