



Chicken Caesar Pasta Bowl

READY IN



35 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup caesar dressing
- 1 cup cherry tomatoes cut in half
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- 8 ounce pasta cooked drained
- 4 servings parmesan cheese grated
- 1 pound chicken breast boneless skinless
- 1 tablespoon vegetable oil
- 1 cup water

Equipment

frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook until it's well browned on all sides.
- Stir the soup, water and dressing in the skillet.
- Heat to a boil.
- Add the tomatoes. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- Toss with the linguine.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:7.99, Inflammation Score:-6, Nutrition Score:23.252608698347%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 542.92kcal (27.15%), Fat: 30.02g (46.19%), Saturated Fat: 8.49g (53.07%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.88g (9.77%), Sugar: 2.84g (3.16%), Cholesterol: 114.69mg (38.23%), Sodium: 1294.26mg (56.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.03g (76.05%), Selenium: 63.63µg (90.9%), Vitamin B3: 12.49mg (62.43%), Phosphorus: 498.23mg (49.82%), Vitamin B6: 0.94mg (47.17%), Vitamin K: 41.7µg (39.71%), Calcium: 314.49mg (31.45%), Vitamin B5: 2.54mg (25.42%), Manganese: 0.42mg (21.2%), Vitamin E: 2.88mg (19.18%), Potassium: 661.27mg (18.89%), Zinc: 2.42mg (16.11%), Vitamin B2: 0.27mg (15.77%), Magnesium: 58.33mg (14.58%), Vitamin A: 697.18IU (13.94%), Vitamin C: 10.06mg (12.2%), Iron: 2.13mg (11.82%), Copper: 0.22mg (11.24%), Vitamin B12: 0.67µg (11.14%), Vitamin B1: 0.12mg (8.33%), Fiber: 1.84g (7.35%), Folate: 17.06µg (4.27%), Vitamin D: 0.28µg (1.89%)