



Chicken Capri Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



637 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 270 g philadelphia herb & garlic cooking creme cream cheese product
- 1 tablespoon oil
- 0.3 cup parmesan cheese shredded 100% kraft
- 0.5 cup pepper strips red
- 220 grams vermicelli uncooked
- 1 pound chicken breasts boneless skinless cut into strips

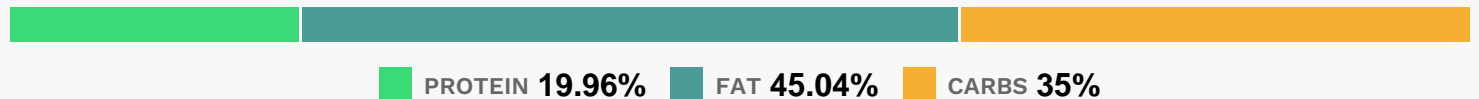
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add chicken and vegetables; cook and stir 6 to 7 min. or until chicken is done.
- Add Cooking Creme; cook and stir 2 to 3 min. or until heated through.
- Drain pasta, reserving 1/3 cup cooking water. Gradually add reserved water to sauce mixture until desired consistency is reached.
- Add pasta; mix lightly.
- Sprinkle with Parmesan.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:26.91, Inflammation Score:-7, Nutrition Score:22.729999664037%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 636.5kcal (31.83%), Fat: 32.01g (49.25%), Saturated Fat: 15.18g (94.86%), Carbohydrates: 55.95g (18.65%), Net Carbohydrates: 53.5g (19.45%), Sugar: 1.63g (1.81%), Cholesterol: 151.48mg (50.49%), Sodium: 658.14mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Vitamin C: 65.79mg (79.74%), Selenium: 46.94µg (67.06%), Vitamin B3: 12.43mg (62.15%), Vitamin B6: 0.99mg (49.7%), Vitamin K: 50.21µg (47.82%), Phosphorus: 381.94mg (38.19%), Manganese: 0.41mg (20.47%), Vitamin B5: 1.97mg (19.74%), Vitamin A: 947.95IU (18.96%), Potassium: 624.47mg (17.84%), Vitamin B2: 0.21mg (12.45%), Magnesium: 49.27mg (12.32%), Folate: 43.91µg (10.98%), Zinc: 1.5mg (10.01%), Vitamin E: 1.49mg (9.94%), Fiber: 2.45g (9.82%), Vitamin B1: 0.13mg (8.94%), Calcium: 73.61mg (7.36%), Iron: 1.25mg (6.93%), Vitamin B12: 0.39µg (6.44%), Copper: 0.1mg (4.99%)