

## Chicken Fettuccine Primavera

READY IN



35 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup broccoli yellow chopped
- 8 oz philadelphia cream cheese spread
- 3 cups fettuccine barilla hot cooked
- 1 tsp garlic powder
- 0.5 cup grape tomatoes halved
- 1 tsp penzey's southwest seasoning dried italian
- 0.3 cup milk
- 0.3 cup parmesan cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces

2 Tbsp water

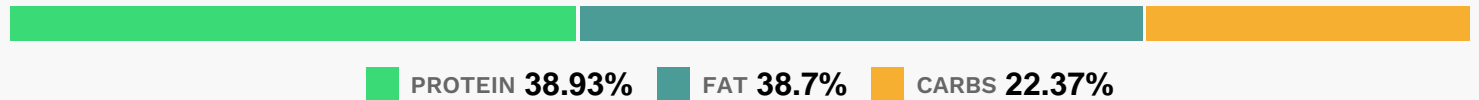
## Equipment

frying pan

## Directions

- Mix cream cheese spread, milk and seasonings until blended.
- Cook and stir chicken in large nonstick skillet on medium heat 8 to 10 min. or until done.
- Remove from skillet; cover to keep warm.
- Add broccoli, carrots, peppers and water to skillet; mix well. Cover; cook 6 min. or until vegetables are crisp-tender, stirring occasionally.
- Return chicken to skillet.
- Add cream cheese mixture and tomatoes; cook and stir 3 min. or until heated through.
- Add pasta; toss to evenly coat.
- Sprinkle with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:27.17, Glycemic Load:6.53, Inflammation Score:-6, Nutrition Score:16.586086946985%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 324.61kcal (16.23%), Fat: 13.66g (21.02%), Saturated Fat: 7.01g (43.81%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 16.71g (6.08%), Sugar: 2.25g (2.5%), Cholesterol: 115mg (38.33%), Sodium: 381.62mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.85%), Selenium: 49.9µg (71.29%), Vitamin B3: 12.26mg (61.29%), Vitamin B6: 0.93mg (46.28%), Phosphorus: 325mg (32.5%), Vitamin C: 25.86mg (31.34%), Vitamin B5: 1.85mg (18.47%), Potassium: 523.92mg (14.97%), Calcium: 127mg (12.7%), Magnesium: 47.47mg (11.87%),

Vitamin A: 586.31IU (11.73%), Manganese: 0.23mg (11.46%), Vitamin B2: 0.16mg (9.37%), Zinc: 1.22mg (8.1%), Vitamin B1: 0.11mg (7.08%), Vitamin B12: 0.38µg (6.3%), Iron: 0.99mg (5.52%), Copper: 0.11mg (5.43%), Fiber: 1.05g (4.21%), Folate: 14.48µg (3.62%), Vitamin K: 3.18µg (3.02%), Vitamin E: 0.44mg (2.95%), Vitamin D: 0.3µg (1.98%)