



Chicken 'N Pasta Primavera

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup alfredo pasta sauce prepared
- ☐ 1 pound meat from a rotisserie chicken boneless skinless thinly sliced
- ☐ 8 ounces fettuccine barilla cooked
- ☐ 1 tablespoon olive oil

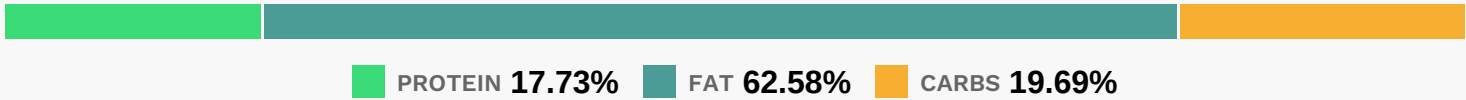
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 8 minutes or until almost done.
- ☐ Remove chicken from pan.
- ☐ Add Recipe Ready Primavera Blend and cook, stirring frequently, 5 minutes or until just tender. Stir in pasta sauce and bring to a boil.
- ☐ Add fettuccine and chicken and toss to coat.*
- ☐ Serve, if desired, with additional parmesan cheese and season with black pepper.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:6.2426086456879%

Nutrients (% of daily need)

Calories: 337.81kcal (16.89%), Fat: 23.04g (35.44%), Saturated Fat: 8.15g (50.94%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.63g (5.68%), Sugar: 1.22g (1.35%), Cholesterol: 97.94mg (32.65%), Sodium: 457.71mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Selenium: 21.39µg (30.56%), Vitamin B3: 3.93mg (19.64%), Phosphorus: 123.11mg (12.31%), Vitamin B6: 0.22mg (10.83%), Manganese: 0.19mg (9.45%), Zinc: 1.08mg (7.21%), Vitamin B5: 0.64mg (6.44%), Magnesium: 22.79mg (5.7%), Vitamin E: 0.76mg (5.09%), Iron: 0.85mg (4.72%), Vitamin B2: 0.08mg (4.51%), Copper: 0.08mg (4.08%), Vitamin B12: 0.22µg (3.66%), Potassium: 124.46mg (3.56%), Vitamin B1: 0.05mg (3.31%), Vitamin K: 2.92µg (2.78%), Fiber: 0.68g (2.72%), Folate: 7.23µg (1.81%), Vitamin A: 88.11IU (1.76%), Calcium: 12.83mg (1.28%), Vitamin D: 0.17µg (1.1%), Vitamin C: 0.87mg (1.06%)