



## Chicken 'N Tortelloni Alfredo

 **Gluten Free**  **Dairy Free**

READY IN



18 min.

SERVINGS



3

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup classico creamy alfredo pasta sauce
- 2 cups broccoli florets
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 9 oz portabello mushroom tortelloni refrigerated

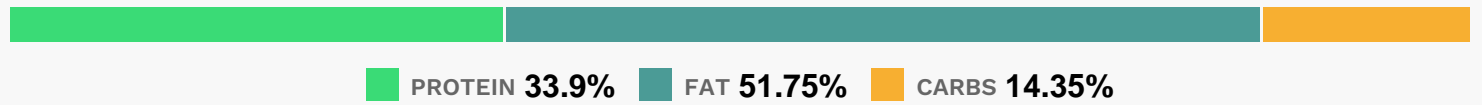
### Equipment

- bowl
- sauce pan

# Directions

- Cook pasta as directed on package, adding broccoli to the boiling water for the last 3 min. of the cooking time.
- Meanwhile, combine chicken breast strips and sauce in saucepan; cook on medium heat 5 min. or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add chicken mixture; toss to coat.

# Nutrition Facts



# Properties

Glycemic Index:10.67, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:19.284347409787%

# Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

# Nutrients (% of daily need)

Calories: 281.69kcal (14.08%), Fat: 16.1g (24.77%), Saturated Fat: 7.47g (46.7%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.36g (2.68%), Sugar: 4.48g (4.98%), Cholesterol: 102.42mg (34.14%), Sodium: 625.23mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.48%), Vitamin C: 54.11mg (65.59%), Vitamin B3: 11.98mg (59.92%), Vitamin K: 62.05µg (59.1%), Selenium: 32.98µg (47.12%), Vitamin B6: 0.57mg (28.61%), Phosphorus: 261.17mg (26.12%), Vitamin B5: 1.86mg (18.64%), Potassium: 646.43mg (18.47%), Folate: 64.3µg (16.08%), Copper: 0.3mg (15.04%), Vitamin B2: 0.25mg (14.48%), Fiber: 2.68g (10.73%), Manganese: 0.2mg (9.79%), Vitamin B1: 0.13mg (8.86%), Zinc: 1.27mg (8.44%), Vitamin A: 389.86IU (7.8%), Magnesium: 29.18mg (7.3%), Iron: 1.3mg (7.2%), Vitamin E: 0.64mg (4.29%), Calcium: 39.57mg (3.96%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.31µg (2.08%)