



Chicken-Parmesan Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.5 lb fettuccine barilla uncooked
- 0.3 tsp garlic powder
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 3 Tbsp tomato paste
- 0.5 cup water

Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add chicken; cook and stir 8 min. or until done. Stir in tomato paste and garlic powder; cook and stir on medium-high heat 1 min.
- Add tomatoes, water and dressing; cook 2 min., stirring occasionally.
- Drain pasta; place in large bowl.
- Add sauce; toss to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:3.9604347931302%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 74.7kcal (3.73%), Fat: 2.24g (3.44%), Saturated Fat: 0.48g (3%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.35g (2.67%), Sugar: 1.04g (1.15%), Cholesterol: 20.1mg (6.7%), Sodium: 101.91mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Selenium: 13.48µg (19.25%), Vitamin B3: 2.26mg (11.3%), Vitamin B6: 0.18mg (9%), Phosphorus: 71.4mg (7.14%), Manganese: 0.1mg (5.01%), Potassium: 142.77mg (4.08%), Vitamin B5: 0.37mg (3.66%), Magnesium: 13.07mg (3.27%), Vitamin E: 0.41mg (2.76%), Vitamin C: 2.12mg (2.58%), Copper: 0.05mg (2.58%), Iron: 0.46mg (2.57%), Vitamin B2: 0.04mg (2.44%), Vitamin B1: 0.04mg (2.41%), Zinc: 0.36mg (2.4%), Vitamin K: 2.49µg (2.37%), Fiber: 0.54g (2.16%), Calcium: 19.01mg (1.9%), Vitamin A: 68.42IU (1.37%), Vitamin B12: 0.08µg (1.27%), Folate: 4.93µg (1.23%)