



Chicken Pasta Primavera

READY IN



17 min.

SERVINGS



17

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 cups pasta cooked drained
- 2 Tbsp olive oil
- 3 Tbsp parmesan cheese grated kraft
- 2 cups cut-up vegetables fresh green (peppers, zucchini, broccoli, carrots)

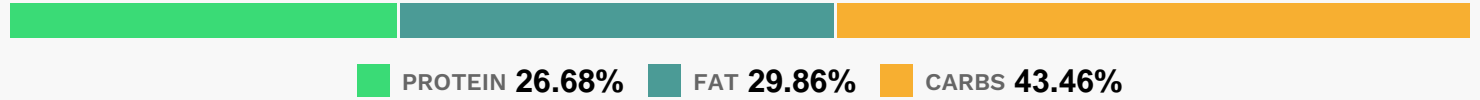
Equipment

- frying pan

Directions

- Cook and stir vegetables in hot oil in large skillet on medium heat 5 min. or until crisp-tender.
- Add chicken and linguine; cook an additional 2 min. or until heated through, stirring occasionally.
- Stir in the cheese.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:3.32, Inflammation Score:-6, Nutrition Score:3.8943478377617%

Nutrients (% of daily need)

Calories: 75.44kcal (3.77%), Fat: 2.52g (3.88%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.09g (2.58%), Sugar: 0.1g (0.11%), Cholesterol: 9.27mg (3.09%), Sodium: 33.11mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin A: 1097.02IU (21.94%), Selenium: 7.66µg (10.94%), Vitamin B3: 1.71mg (8.54%), Manganese: 0.11mg (5.48%), Phosphorus: 50.93mg (5.09%), Fiber: 1.16g (4.65%), Vitamin B6: 0.09mg (4.48%), Iron: 0.54mg (2.99%), Magnesium: 11.42mg (2.85%), Vitamin C: 2.23mg (2.7%), Vitamin B1: 0.04mg (2.45%), Potassium: 80.15mg (2.29%), Zinc: 0.32mg (2.14%), Vitamin B2: 0.04mg (2.12%), Copper: 0.04mg (2.11%), Folate: 7.86µg (1.96%), Vitamin E: 0.28mg (1.86%), Calcium: 15.86mg (1.59%), Vitamin B5: 0.15mg (1.53%)