



Chicken & Pasta Toss with Sun-Dried Tomatoes

READY IN



25 min.

SERVINGS



25

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups broccoli florets
- 16 oz farfalle pasta uncooked (bow-tie pasta)
- 1 cup oil-packed sun-dried tomatoes drained cut into thin strips
- 0.5 cup parmesan cheese grated kraft
- 1 cup seasons dressing mix italian good divided prepared
- 1.5 lb chicken breasts boneless skinless cut into thin strips

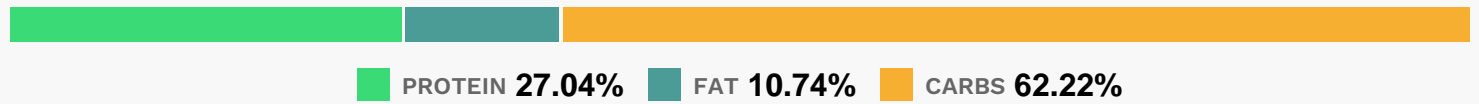
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding the broccoli to the boiling water for the last 3 min.
- Meanwhile, heat 1/4 cup dressing in large skillet on medium heat.
- Add chicken; cook 8 min. or until done, stirring frequently.
- Drain pasta mixture; place in large bowl.
- Add chicken, tomatoes, cheese and remaining dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:6.21, Inflammation Score:-3, Nutrition Score:8.3469564966534%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 149.37kcal (7.47%), Fat: 1.72g (2.65%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 20.98g (7.63%), Sugar: 2.39g (2.65%), Cholesterol: 19.16mg (6.39%), Sodium: 786.94mg (34.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Selenium: 21.48µg (30.69%), Vitamin C: 15.04mg (18.23%), Vitamin B3: 3.64mg (18.2%), Vitamin K: 16.85µg (16.05%), Manganese: 0.28mg (14.2%), Vitamin B6: 0.27mg (13.57%), Phosphorus: 129.4mg (12.94%), Potassium: 341.77mg (9.76%), Magnesium: 28.99mg (7.25%), Copper: 0.13mg (6.51%), Vitamin B5: 0.65mg (6.48%), Fiber: 1.5g (6%), Vitamin B2: 0.08mg (4.91%), Iron: 0.85mg (4.73%), Vitamin B1: 0.07mg (4.52%), Zinc: 0.65mg (4.32%), Folate: 16.64µg (4.16%), Calcium: 34.53mg (3.45%), Vitamin A: 154.63IU (3.09%), Vitamin B12: 0.08µg (1.36%), Vitamin E: 0.2mg (1.31%)