



Chicken Primavera with Pasta

READY IN



23 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce philadelphia cheese and herb cooking creme italian
- 2 cups cooked fettuccine hot cooked
- 2 cups savory vegetable red frozen (broccoli, carrots, peppers, snow peas)
- 1 pound chicken breast boneless skinless cut into bite-size pieces

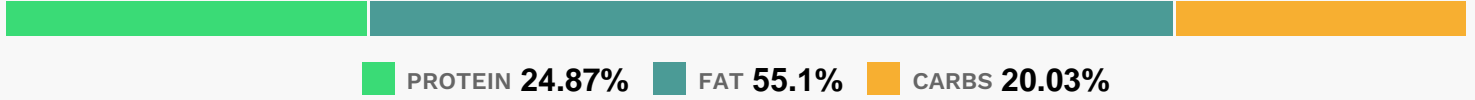
Equipment

- frying pan

Directions

- Cook and stir chicken in large nonstick skillet on medium heat 5 to 6 min. or until done.
- Add vegetables; cook 2 to 3 min. or until heated through, stirring occasionally.
- Add cooking creme; cook and stir 3 min.
- Stir in pasta.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:10.04, Inflammation Score:-10, Nutrition Score:21.572608816883%

Nutrients (% of daily need)

Calories: 551.85kcal (27.59%), Fat: 33.8g (52%), Saturated Fat: 20.49g (128.09%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 23.39g (8.5%), Sugar: 2.64g (2.94%), Cholesterol: 160.82mg (53.61%), Sodium: 616.79mg (26.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.33g (68.65%), Vitamin A: 5398.65IU (107.97%), Selenium: 48.96µg (69.94%), Vitamin B3: 13.17mg (65.86%), Vitamin B6: 0.96mg (48.02%), Phosphorus: 330.97mg (33.1%), Manganese: 0.4mg (20.06%), Vitamin B5: 1.9mg (19%), Potassium: 632.06mg (18.06%), Fiber: 4.26g (17.03%), Magnesium: 62.14mg (15.53%), Vitamin B1: 0.2mg (13.27%), Vitamin C: 10.82mg (13.12%), Vitamin B2: 0.2mg (11.83%), Zinc: 1.4mg (9.35%), Iron: 1.59mg (8.85%), Folate: 34.53µg (8.63%), Calcium: 83.43mg (8.34%), Copper: 0.17mg (8.29%), Vitamin B12: 0.27µg (4.55%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.16µg (1.1%)