



Chicken Rigatoni with Broccoli and Peppers

READY IN



30 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7 oz rigatoni uncooked
- 2 cups broccoli fresh chopped
- 1 medium bell pepper red yellow cut into 1-inch pieces
- 1 cup roasted chicken cooked
- 0.5 cup alfredo sauce reduced-fat (from 10-oz container)
- 1 oz parmesan shredded finely

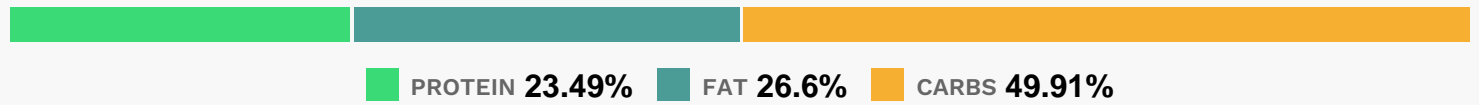
Equipment

- sauce pan

Directions

- Cook pasta as directed on package, adding broccoli and bell pepper for last 2 minutes of cooking.
- Drain; return to saucepan.
- Stir in chicken and Alfredo sauce. Cook over low heat about 4 minutes, stirring occasionally, until chicken and sauce are hot.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:15.52, Inflammation Score:-7, Nutrition Score:18.553478292149%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 349.08kcal (17.45%), Fat: 10.21g (15.71%), Saturated Fat: 4.54g (28.35%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 40.1g (14.58%), Sugar: 2.63g (2.92%), Cholesterol: 51.41mg (17.14%), Sodium: 366.23mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.57%), Vitamin C: 93.84mg (113.74%), Selenium: 42.75µg (61.07%), Vitamin K: 45.05µg (42.9%), Manganese: 0.59mg (29.48%), Phosphorus: 246.33mg (24.63%), Vitamin B3: 4.17mg (20.83%), Vitamin B6: 0.35mg (17.37%), Magnesium: 49.57mg (12.39%), Calcium: 122.49mg (12.25%), Fiber: 3g (12%), Folate: 46.63µg (11.66%), Potassium: 399.41mg (11.41%), Zinc: 1.66mg (11.05%), Copper: 0.22mg (10.95%), Vitamin B2: 0.16mg (9.63%), Vitamin B5: 0.89mg (8.88%), Iron: 1.58mg (8.8%), Vitamin A: 403.32IU (8.07%), Vitamin B1: 0.11mg (7.25%), Vitamin B12: 0.19µg (3.11%), Vitamin E: 0.41mg (2.76%)