



## Chicken & Vegetable Cheesy Pasta

READY IN



35 min.

SERVINGS



35

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb carrots shredded
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 6 singles chopped kraft
- 1 Tbsp oil divided
- 1 onion sliced
- 2 Tbsp parmesan cheese grated kraft
- 2 cups penne pasta uncooked
- 1.5 lb chicken breasts boneless skinless divided cut into thin strips,

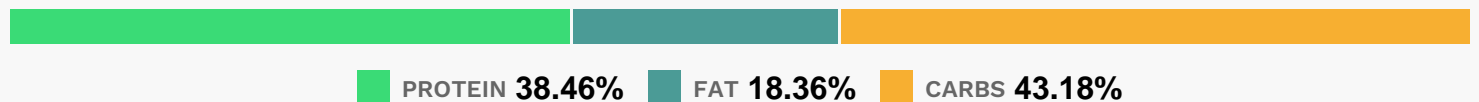
## Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt.
- Meanwhile, heat 1 tsp. oil in large skillet on medium-high heat.
- Add half the chicken; cook and stir 2 min. or until lightly browned.
- Remove from skillet; cover to keep warm. Repeat with remaining chicken and 1 tsp. of the remaining oil.
- Add remaining oil, carrots, onions and garlic to skillet; cook and stir 3 min. Return chicken to skillet; cook 2 min. or until done, stirring frequently.
- Remove from heat; cover to keep warm.
- Drain pasta, reserving 1-1/4 cups of the cooking water. Return pasta to pan. Stir in reserved water and Singles; cook and stir 1 min. or until Singles are completely melted.
- Add chicken mixture; cook and stir 2 min. or until heated through. Top with Parmesan and parsley.

## Nutrition Facts



## Properties

Glycemic Index:5.08, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:4.126521722778%

## Flavonoids

Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 55.25kcal (2.76%), Fat: 1.1g (1.7%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.39g (1.96%), Sugar: 0.63g (0.7%), Cholesterol: 12.72mg (4.24%), Sodium: 34.91mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Vitamin A: 1112.92IU (22.26%), Selenium: 10.43µg (14.9%), Vitamin B3: 2.21mg (11.04%), Vitamin B6: 0.17mg (8.5%), Phosphorus: 59.93mg (5.99%), Vitamin K: 4.77µg (4.54%), Manganese: 0.08mg (3.93%), Vitamin B5: 0.33mg (3.29%), Potassium: 114.41mg (3.27%), Magnesium: 9.8mg (2.45%), Fiber: 0.45g (1.81%), Vitamin B2: 0.03mg (1.75%), Vitamin B1: 0.02mg (1.64%), Zinc: 0.25mg (1.64%), Copper: 0.03mg (1.45%), Vitamin C: 1.19mg (1.44%), Iron: 0.2mg (1.11%), Vitamin E: 0.16mg (1.07%), Folate: 4.12µg (1.03%)