



## Creamy Asparagus-Chicken Bow-Ties

READY IN



30 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz farfalle pasta uncooked (farfalle)
- 8 oz asparagus fresh frozen cut into 1-inch pieces,) asparagus cuts
- 8 oz mushrooms fresh sliced (3 cups)
- 8 oz chives
- 0.3 cup parmesan cheese grated
- 0.3 cup milk
- 2 lb rotisserie chicken cut cut into bite-size strips (2 cups) (from 2- to 2 1/2-lb chicken)
- 1 serving parmesan cheese grated

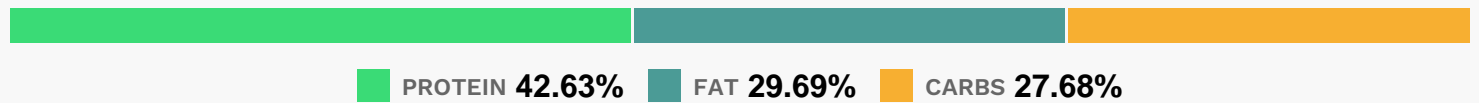
# Equipment

- bowl
- sauce pan

# Directions

- Cook pasta as directed on package, adding asparagus and mushrooms for the last 5 minutes of cooking.
- Drain and return to saucepan.
- In small bowl, mix cream cheese, 1/4 cup Parmesan cheese and the milk until smooth. Stir cheese mixture and chicken into pasta mixture.
- Cook over medium heat about 2 minutes, stirring gently, until pasta is evenly coated with sauce and mixture is thoroughly heated.
- Serve with additional Parmesan cheese.

# Nutrition Facts



# Properties

Glycemic Index:47.25, Glycemic Load:18.59, Inflammation Score:-9, Nutrition Score:27.25260854804%

# Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 7.06mg, Isorhamnetin: 7.06mg, Isorhamnetin: 7.06mg Kaempferol: 6.46mg, Kaempferol: 6.46mg, Kaempferol: 6.46mg, Kaempferol: 6.46mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

# Nutrients (% of daily need)

Calories: 738.57kcal (36.93%), Fat: 24.56g (37.79%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 51.54g (17.18%), Net Carbohydrates: 46.56g (16.93%), Sugar: 5.78g (6.42%), Cholesterol: 232.13mg (77.38%), Sodium: 1044.41mg (45.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.35g (158.71%), Vitamin K: 144.71µg (137.82%), Selenium: 48.12µg (68.74%), Vitamin A: 3048.63IU (60.97%), Vitamin C: 37.31mg (45.22%), Manganese: 0.86mg (43.01%), Phosphorus: 326mg (32.6%), Vitamin B2: 0.48mg (28.39%), Folate: 109.69µg (27.42%), Copper: 0.55mg (27.3%), Calcium: 225.94mg (22.59%), Fiber: 4.99g (19.96%), Vitamin B3: 3.96mg (19.82%), Magnesium: 74.16mg (18.54%), Potassium: 644.9mg (18.43%), Iron: 3.2mg (17.79%), Zinc: 2.4mg (15.98%), Vitamin B1: 0.24mg (15.82%), Vitamin B5: 1.55mg (15.53%), Vitamin B6: 0.29mg (14.64%), Vitamin E: 0.91mg (6.05%), Vitamin B12: 0.32µg (5.3%),

Vitamin D: 0.41µg (2.71%)