

Creamy Asparagus-Chicken Bow-Ties

READY IN



30 min.

SERVINGS



4

CALORIES



957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

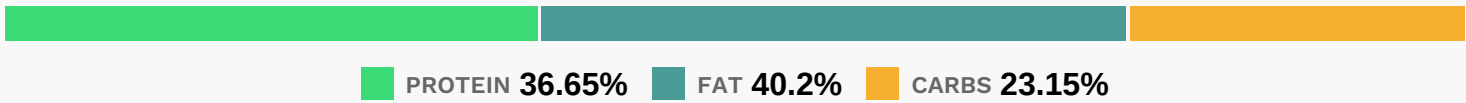
Equipment

- ☐ 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:36, Glycemic Load:18.11, Inflammation Score:-7, Nutrition Score:20.648695842079%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 956.9kcal (47.84%), Fat: 42.73g (65.74%), Saturated Fat: 19.02g (118.9%), Carbohydrates: 55.38g (18.46%), Net Carbohydrates: 51.81g (18.84%), Sugar: 6.5g (7.22%), Cholesterol: 286.86mg (95.62%), Sodium: 1699.54mg (73.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.67g (175.35%), Selenium: 55.48µg (79.26%), Calcium: 440.71mg (44.07%), Phosphorus: 435.77mg (43.58%), Manganese: 0.67mg (33.39%), Vitamin B2: 0.5mg (29.12%), Vitamin A: 1313.79IU (26.28%), Copper: 0.47mg (23.3%), Vitamin K: 24.32µg (23.16%), Zinc: 3.05mg (20.36%), Vitamin B3: 3.61mg (18.07%), Potassium: 518.47mg (14.81%), Magnesium: 58.22mg (14.55%), Vitamin B5: 1.44mg (14.42%), Fiber: 3.57g (14.29%), Iron: 2.4mg (13.32%), Vitamin B1: 0.2mg (13.28%), Folate: 51.5µg (12.88%), Vitamin B6: 0.23mg (11.64%), Vitamin B12: 0.62µg (10.36%), Vitamin E: 0.9mg (6.03%), Vitamin C: 4.37mg

(5.29%), Vitamin D: 0.52µg (3.46%)