



Creamy Chicken and Tomato Pasta

READY IN



50 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounces creamy alfredo pasta sauce light classico®
- ☐ 0.3 cup chicken broth dry white
- ☐ 0.3 cup basil fresh snipped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup milk
- ☐ 0.8 cup oil-pack tomatoes dried drained thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 tablespoon parsley italian snipped

- ☐ 8 ounces soup noodles (such as linguine, bow ties, penne, or rotelle)
- ☐ 0.3 teaspoon pepper
- ☐ 2 shallots chopped
- ☐ 12 ounces chicken breast halves boneless skinless cut into bite-size pieces

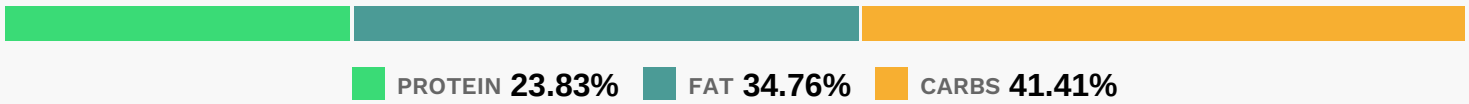
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions; drain. Meanwhile, in a large skillet cook shallots and garlic in hot olive oil over medium-high heat for 30 seconds.
- ☐ Add chicken. Cook and stir for 3 to 4 minutes or until chicken is no longer pink.
- ☐ Drain fat. Carefully add wine or broth, snipped basil, and parsley. Cook for 1 minute more.
- ☐ In a large mixing bowl combine cooked pasta, chicken mixture, Classico® Light Creamy Alfredo pasta sauce, dried tomatoes, milk, 1/4 cup of the Parmesan cheese, and pepper.
- ☐ Transfer to a 2-quart rectangular baking dish.
- ☐ Sprinkle with remaining Parmesan cheese. Cover and bake in a 350 degree F oven for 15 minutes. Uncover and bake for 10 to 15 minutes more or until heated through and top is slightly golden.
- ☐ Garnish with fresh basil, if desired.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:13.83, Inflammation Score:-5, Nutrition Score:17.296086824459%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 404.86kcal (20.24%), Fat: 15.32g (23.57%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 37.83g (13.76%), Sugar: 8.36g (9.29%), Cholesterol: 76.16mg (25.39%), Sodium: 553.36mg (24.06%), Alcohol: 1.03g (100%), Alcohol %: 0.65% (100%), Protein: 23.64g (47.27%), Selenium: 46.15µg (65.93%), Vitamin B3: 7.87mg (39.36%), Manganese: 0.68mg (34.21%), Phosphorus: 314.63mg (31.46%), Vitamin B6: 0.58mg (29.07%), Potassium: 846.08mg (24.17%), Vitamin K: 22.99µg (21.89%), Magnesium: 69.98mg (17.5%), Copper: 0.34mg (16.92%), Vitamin B5: 1.37mg (13.73%), Fiber: 3.24g (12.95%), Calcium: 124.21mg (12.42%), Iron: 2.22mg (12.32%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.62mg (10.79%), Vitamin B1: 0.16mg (10.68%), Vitamin C: 7.96mg (9.65%), Vitamin A: 340.97IU (6.82%), Folate: 23.58µg (5.89%), Vitamin B12: 0.3µg (4.98%), Vitamin E: 0.55mg (3.69%), Vitamin D: 0.25µg (1.65%)