



## Creamy Chicken Penne

READY IN



35 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

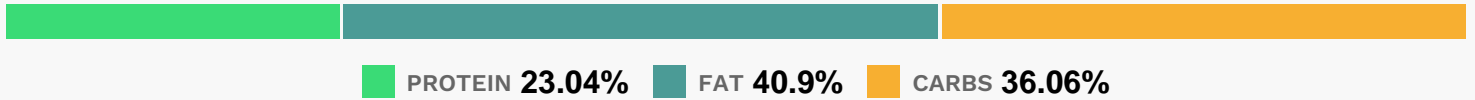
### Ingredients

- 2 tablespoons butter
- 4 ounces cream cheese cubed
- 1 tablespoon flour
- 1 tablespoon parsley fresh finely chopped
- 2 teaspoons garlic minced
- 1.5 cups milk
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 2 cups penne pasta uncooked

- 1 small bell pepper red chopped
- 0.5 cup pecorino cheese grated
- 0.8 pound chicken breast boneless skinless thinly sliced
- 6 ounce snow peas

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:95, Glycemic Load:20.89, Inflammation Score:-9, Nutrition Score:29.210869565217%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 629.36kcal (31.47%), Fat: 28.47g (43.8%), Saturated Fat: 14.33g (89.55%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 52.73g (19.18%), Sugar: 10.42g (11.58%), Cholesterol: 122.09mg (40.7%), Sodium: 424.99mg (18.48%), Protein: 36.08g (72.17%), Selenium: 70.09µg (100.13%), Vitamin C: 53.49mg (64.84%), Phosphorus: 542.39mg (54.24%), Vitamin B3: 10.56mg (52.78%), Vitamin B6: 0.97mg (48.28%), Vitamin A: 1907.53IU (38.15%), Manganese: 0.73mg (36.38%), Calcium: 319.38mg (31.94%), Vitamin K: 32.02µg (30.49%), Vitamin B2: 0.43mg (25.06%), Vitamin B5: 2.44mg (24.41%), Potassium: 794.1mg (22.69%), Magnesium: 86.43mg (21.61%), Vitamin B1: 0.27mg (17.96%), Zinc: 2.37mg (15.79%), Fiber: 3.75g (15%), Vitamin B12: 0.88µg (14.64%), Iron: 2.37mg (13.19%), Folate: 52.33µg (13.08%), Copper: 0.25mg (12.43%), Vitamin E: 1.68mg (11.2%), Vitamin D: 1.15µg (7.69%)