



## Creamy Chicken Spring Pasta Skillet

READY IN



185 min.

SERVINGS



5

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup classico creamy alfredo pasta sauce
- 0.5 cup heinz apple cider vinegar
- 8 oz asparagus spears fresh steamed
- 1 cup original barbecue sauce kraft
- 8 oz fettuccine barilla uncooked
- 0.3 cup basil leaves fresh thinly sliced
- 2 Tbsp polly-o parmesan cheese shredded
- 0.5 cup roasted peppers red chopped
- 1 lb chicken breasts boneless skinless

- 2 Tbsp soya sauce
- 0.3 cup lea & perrins worcestershire sauce

## Equipment

- sauce pan
- ziploc bags

## Directions

- Mix barbecue sauce, vinegar, Worcestershire sauce and soy sauce.
- Pour over chicken in resealable plastic bag; seal bag. Refrigerate 2 hours to marinate.
- Remove chicken from marinade; discard bag and marinade. Cook chicken in smoker with a combination of apple, hickory and oak woods at 225F for 30 to 45 min. or until chicken is cooked through (165F).
- Remove chicken from smoker; cover.
- Let stand 15 min.
- Meanwhile, cook pasta as directed on package and heat sauce in large saucepan as directed on package. Stir asparagus, peppers and basil into sauce.
- Add pasta; toss to coat.
- Place pasta mixture on serving platter.
- Cut chicken into thin slices; place on top of pasta. Arrange asparagus tips around chicken; sprinkle with Parmesan cheese.

## Nutrition Facts



**PROTEIN 24.55%** **FAT 24.54%** **CARBS 50.91%**

## Properties

Glycemic Index:45.6, Glycemic Load:13.99, Inflammation Score:-7, Nutrition Score:22.516521749289%

## Flavonoids

Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

## Nutrients (% of daily need)

Calories: 504.9kcal (25.24%), Fat: 13.49g (20.75%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 59.76g (21.73%), Sugar: 23.1g (25.67%), Cholesterol: 130.06mg (43.35%), Sodium: 1844.07mg (80.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.72%), Selenium: 67.21µg (96.01%), Vitamin B3: 11.67mg (58.37%), Vitamin B6: 0.9mg (45.23%), Phosphorus: 371.73mg (37.17%), Manganese: 0.68mg (33.86%), Vitamin K: 25.46µg (24.25%), Potassium: 839.2mg (23.98%), Iron: 3.65mg (20.27%), Vitamin B5: 1.97mg (19.68%), Magnesium: 72.73mg (18.18%), Copper: 0.35mg (17.44%), Vitamin B2: 0.27mg (15.77%), Vitamin B1: 0.23mg (15.45%), Vitamin C: 12.49mg (15.13%), Vitamin A: 688.96IU (13.78%), Fiber: 3.21g (12.84%), Zinc: 1.9mg (12.64%), Folate: 47.11µg (11.78%), Calcium: 99.54mg (9.95%), Vitamin E: 1.34mg (8.9%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.24µg (1.58%)