



 **29%**
HEALTH SCORE

Creamy Chicken with Broccoli and Red Pepper Pasta

READY IN



22 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 10 ounce creme de cassis
- 2 cloves garlic minced
- 2 teaspoons cooking oil
- 2 tablespoons parmesan cheese grated kraft
- 1 bell pepper red cut into short thin strips
- 2 cups rotini pasta hot cooked
- 1 pound chicken breast halves boneless skinless cut into bite-size pieces

Equipment

frying pan

Directions

Heat oil in large skillet on medium heat.

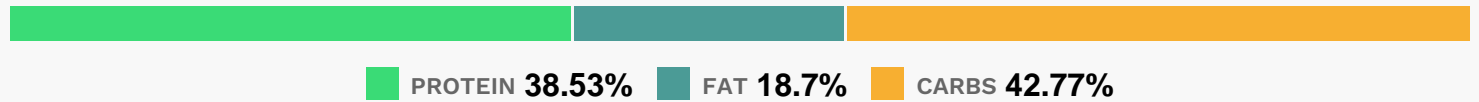
Add chicken, garlic and vegetables; cook and stir 7 to 8 min. or until chicken is done and vegetables are crisp-tender.

Add cooking creme; cook 2 to 3 min. or until heated through, stirring frequently.

Stir in pasta.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:9.38, Inflammation Score:-8, Nutrition Score:24.381739256175%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 311.89kcal (15.59%), Fat: 6.45g (9.92%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 30.28g (11.01%), Sugar: 11.8g (13.11%), Cholesterol: 74.75mg (24.92%), Sodium: 200.84mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.79%), Vitamin C: 80.49mg (97.57%), Selenium: 54.05µg (77.22%), Vitamin B3: 12.66mg (63.28%), Vitamin B6: 1.07mg (53.25%), Vitamin K: 49.59µg (47.23%), Phosphorus: 328.12mg (32.81%), Vitamin A: 1270.72IU (25.41%), Vitamin B5: 2.05mg (20.54%), Potassium: 663.3mg (18.95%), Manganese: 0.37mg (18.57%), Magnesium: 55.14mg (13.79%), Folate: 51.19µg (12.8%), Vitamin B2: 0.21mg (12.59%), Fiber: 2.9g (11.59%), Vitamin E: 1.44mg (9.6%), Iron: 1.7mg (9.47%), Zinc: 1.39mg (9.29%), Vitamin B1: 0.14mg (9.09%), Copper: 0.13mg (6.39%), Calcium: 61.61mg (6.16%), Vitamin B12: 0.26µg (4.34%)