



Creamy Garlic Pasta Primavera

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into bite-size strips
- 0.3 cup water
- 24 oz sugar snap peas frozen
- 0.3 cup whipping cream
- 0.3 cup bell pepper diced red
- 0.5 cup parmesan shredded
- 1 leaves basil fresh chopped

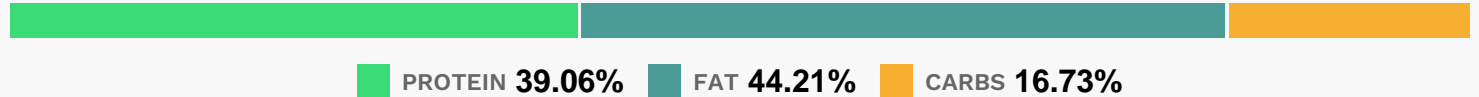
Equipment

frying pan

Directions

- In 12-inch skillet, heat oil over medium-high heat.
- Add chicken; cook 6 to 7 minutes, stirring frequently, just until chicken is no longer pink in center.
- Stir in water and frozen pasta-vegetable mixture. Cover; cook 6 to 8 minutes, stirring occasionally, until vegetables are hot. Stir in whipping cream and bell pepper; cook 2 to 3 minutes or until hot.
- Turn off heat. Stir in cheese.
- Let stand 2 to 3 minutes or until cheese is melted.
- Sprinkle with basil.
- Serve with additional shredded Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:30.104347581449%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 350.46kcal (17.52%), Fat: 17.1g (26.31%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 9.87g (3.59%), Sugar: 8g (8.89%), Cholesterol: 103.49mg (34.5%), Sodium: 345.44mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (67.99%), Vitamin C: 119.45mg (144.79%), Vitamin B3: 13.02mg (65.09%), Vitamin B6: 1.18mg (58.81%), Selenium: 40.9µg (58.43%), Vitamin A: 2667.51IU (53.35%), Vitamin K: 50.98µg (48.55%), Phosphorus: 429.84mg (42.98%), Vitamin B5: 3.04mg (30.38%), Calcium: 241.58mg (24.16%), Potassium: 816.68mg (23.33%), Iron: 4.14mg (22.99%), Vitamin B1: 0.34mg (22.89%), Manganese: 0.45mg (22.5%), Folate: 83.44µg (20.86%), Vitamin B2: 0.34mg (19.94%), Magnesium: 78.96mg (19.74%), Fiber: 4.69g (18.74%),

Vitamin E: 1.56mg (10.43%), Zinc: 1.54mg (10.28%), Copper: 0.18mg (8.85%), Vitamin B12: 0.41µg (6.81%), Vitamin D: 0.49µg (3.29%)