



Creamy Lemon Chicken Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz farfalle pasta (farfalle)
- 1 tablespoon olive oil
- 6 cloves garlic finely chopped
- 2 cups chicken shredded cooked
- 14 oz artichoke hearts drained quartered canned
- 1 cup yogurt plain yoplait® (from 32-oz container)
- 1 cup cream sour
- 2 teaspoons lemon zest grated
- 1 teaspoon pepper white

0.3 cup parsley fresh italian chopped (flat-leaf)

0.3 cups parmesan shredded

Equipment

frying pan

Directions

Cook pasta as directed on package.

Drain; set aside.

Meanwhile, heat 12-inch skillet over medium heat.

Drizzle olive oil into skillet.

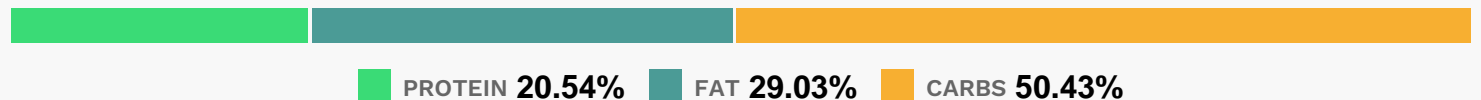
Add garlic; sauté 1 to 2 minutes or until fragrant.

Add chicken and artichoke hearts; cook until thoroughly heated.

Remove skillet from heat. Stir in yogurt, sour cream, lemon peel and pepper.

Add hot pasta; mix well to combine. Before serving, garnish pasta with parsley and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:35.09, Inflammation Score:-7, Nutrition Score:25.698260851528%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 777.16kcal (38.86%), Fat: 24.68g (37.97%), Saturated Fat: 10.19g (63.71%), Carbohydrates: 96.44g (32.15%), Net Carbohydrates: 90.83g (33.03%), Sugar: 8.78g (9.75%), Cholesterol: 98.64mg (32.88%), Sodium: 574.81mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.29g (78.57%), Selenium: 94.43µg

(134.91%), Vitamin K: 64.89µg (61.8%), Manganese: 1.16mg (58.23%), Phosphorus: 504.04mg (50.4%), Vitamin B3: 7.65mg (38.23%), Vitamin B6: 0.56mg (27.91%), Calcium: 254.42mg (25.44%), Magnesium: 94.25mg (23.56%), Zinc: 3.49mg (23.24%), Vitamin B2: 0.39mg (22.67%), Fiber: 5.61g (22.45%), Copper: 0.41mg (20.5%), Potassium: 626.56mg (17.9%), Vitamin B5: 1.67mg (16.74%), Vitamin A: 813.18IU (16.26%), Iron: 2.85mg (15.84%), Vitamin B1: 0.19mg (12.67%), Vitamin C: 8.61mg (10.44%), Vitamin B12: 0.63µg (10.42%), Folate: 38.1µg (9.53%), Vitamin E: 0.93mg (6.21%)