



## Easy Chicken & Parmesan Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 0.3 cup dressing italian kraft
- 8 oz pasta uncooked
- 1 cup parmesan cheese shredded kraft

### Equipment

- frying pan

sauce pan

## Directions

- Cook pasta in large saucepan as directed on package; drain. Return to pan.
- Add remaining ingredients; toss lightly.

## Nutrition Facts



## Properties

Glycemic Index:6.55, Glycemic Load:3.47, Inflammation Score:-2, Nutrition Score:4.4526087395523%

## Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

## Nutrients (% of daily need)

Calories: 97.28kcal (4.86%), Fat: 2.7g (4.15%), Saturated Fat: 1.1g (6.95%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 8.69g (3.16%), Sugar: 0.67g (0.74%), Cholesterol: 17.86mg (5.95%), Sodium: 122.98mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Selenium: 13.07µg (18.67%), Vitamin K: 14.09µg (13.42%), Vitamin B3: 2.55mg (12.77%), Phosphorus: 96.02mg (9.6%), Calcium: 65.82mg (6.58%), Vitamin B6: 0.13mg (6.36%), Manganese: 0.11mg (5.62%), Magnesium: 13.7mg (3.43%), Zinc: 0.48mg (3.2%), Vitamin B2: 0.04mg (2.57%), Vitamin B5: 0.24mg (2.4%), Iron: 0.42mg (2.34%), Potassium: 80.66mg (2.3%), Copper: 0.04mg (2.24%), Vitamin A: 106.87IU (2.14%), Vitamin B12: 0.12µg (1.96%), Vitamin B1: 0.03mg (1.71%), Fiber: 0.39g (1.56%), Vitamin C: 1.06mg (1.28%), Folate: 4.22µg (1.05%)