



Easy Chicken-Pasta Primavera

READY IN



30 min.

SERVINGS



3

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces fettuccine barilla uncooked
- ☐ 1 cup cauliflower florets
- ☐ 0.5 cup bacon
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 pound chicken breast halves boneless skinless cut into 1/2-inch strips
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 cup ranch dressing
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 teaspoon basil dried fresh shredded

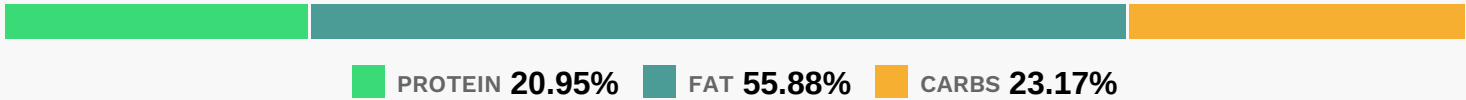
Equipment

☐ frying pan

Directions

- ☐ Cook and drain fettuccine as directed on package--except add broccoli and carrot 1 minute before fettuccini is done.
- ☐ While fettucine is cooking, heat oil in 10-inch nonstick skillet over medium-high heat. Cook chicken and garlic in oil 2 to 3 minutes, stirring frequently, until chicken is no longer pink in center; remove from heat.
- ☐ Stir dressing, cheese and basil into chicken. Toss with fettucine and vegetables.

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:20.104347861331%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 547.55kcal (27.38%), Fat: 33.69g (51.82%), Saturated Fat: 8.76g (54.77%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 29.48g (10.72%), Sugar: 2.61g (2.9%), Cholesterol: 115.99mg (38.66%), Sodium: 665.44mg (28.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Selenium: 64.35µg (91.92%), Vitamin B3: 10.46mg (52.29%), Vitamin K: 44.21µg (42.11%), Vitamin B6: 0.84mg (41.86%), Phosphorus: 393.58mg (39.36%), Manganese: 0.42mg (21.08%), Vitamin C: 17.29mg (20.96%), Vitamin B5: 2.09mg (20.93%), Potassium: 576.99mg (16.49%), Vitamin B1: 0.25mg (16.34%), Magnesium: 54.08mg (13.52%), Zinc: 1.92mg (12.81%), Vitamin B2: 0.2mg (11.61%), Vitamin B12: 0.55µg (9.14%), Copper: 0.17mg (8.59%), Folate: 34.31µg (8.58%), Vitamin E: 1.21mg (8.08%), Iron: 1.41mg (7.85%), Fiber: 1.94g (7.74%), Calcium: 65.12mg (6.51%), Vitamin D: 0.39µg (2.6%), Vitamin A: 101.52IU (2.03%)