



Easy Chicken-Pasta Primavera

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



1181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

1 teaspoon vegetable oil

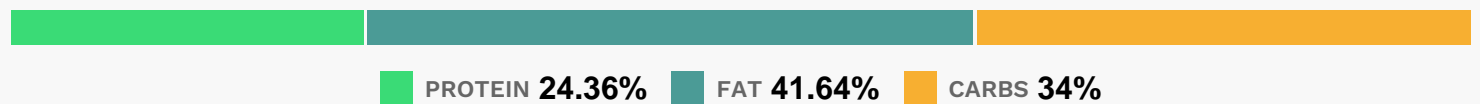
Equipment

frying pan

Directions

- Cook and drain fettuccine as directed on package--except add broccoli and carrot 1 minute before fettuccini is done.
- While fettuccine 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 fettuccine and vegetables.

Nutrition Facts



Properties

Glycemic Index:222.83, Glycemic Load:37.36, Inflammation Score:-10, Nutrition Score:51.70913018351%

Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 1180.53kcal (59.03%), Fat: 54.3g (83.54%), Saturated Fat: 10.55g (65.95%), Carbohydrates: 99.75g (33.25%), Net Carbohydrates: 91.86g (33.4%), Sugar: 10.45g (11.61%), Cholesterol: 269.9mg (89.97%), Sodium: 1256.41mg (54.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.49g (142.99%), Selenium: 170.92µg (244.18%), Vitamin A: 11500.87IU (230.02%), Vitamin K: 215.34µg (205.09%), Vitamin B3: 27.3mg (136.5%), Vitamin B6: 2.26mg (112.77%), Phosphorus: 1046.89mg (104.69%), Vitamin C: 85.95mg (104.18%), Manganese: 1.37mg (68.67%), Vitamin B5: 5.63mg (56.34%), Potassium: 1680.64mg (48.02%), Magnesium: 159.21mg (39.8%), Vitamin B2: 0.58mg (33.91%), Fiber: 7.89g (31.55%), Vitamin B1: 0.46mg (30.89%), Zinc: 4.61mg (30.74%), Folate: 113.52µg (28.38%), Vitamin E: 4.16mg (27.72%), Copper: 0.5mg (24.93%), Iron: 4.17mg (23.16%), Calcium: 229.92mg (22.99%), Vitamin B12: 1.05µg (17.56%), Vitamin D: 0.7µg (4.65%)