



Easy Chicken Primavera

READY IN



15 min.

SERVINGS



15

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup classico creamy alfredo pasta sauce
- 2 cups broccoli florets fresh
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 9 oz fettuccine barilla refrigerated cooked drained
- 0.3 cup parmesan cheese shredded kraft
- 1 medium bell pepper red cut into 1-inch chunks
- 2 Tbsp water

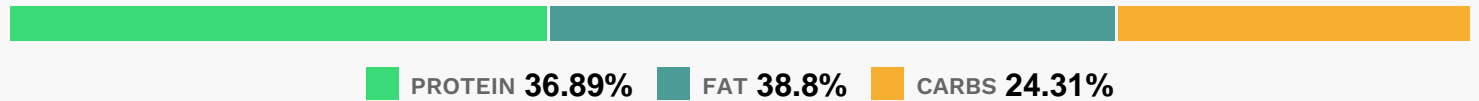
Equipment

- bowl
- frying pan

Directions

- Place broccoli and red peppers in large skillet.
- Add water; cover.
- Cook on medium heat 8 min. or until vegetables are crisp-tender.
- Add chicken and sauce; cook, uncovered, 2 min. or until heated through, stirring frequently.
- Place hot fettuccine in large serving bowl.
- Add chicken mixture; mix lightly. Top with the cheese.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:2.31, Inflammation Score:-4, Nutrition Score:5.9582608860472%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 103.38kcal (5.17%), Fat: 4.37g (6.73%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.48g (1.99%), Sugar: 0.89g (0.98%), Cholesterol: 36.19mg (12.06%), Sodium: 159.88mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Vitamin C: 20.98mg (25.43%), Vitamin B3: 3.34mg (16.69%), Selenium: 11.01µg (15.73%), Vitamin K: 12.86µg (12.25%), Vitamin B6: 0.19mg (9.49%), Phosphorus: 86.27mg (8.63%), Vitamin A: 345.33IU (6.91%), Manganese: 0.09mg (4.61%), Vitamin B5: 0.37mg (3.66%), Magnesium: 14.4mg (3.6%), Potassium: 121.14mg (3.46%), Folate: 13.51µg (3.38%), Vitamin B2: 0.06mg (3.28%), Calcium: 31.49mg (3.15%), Zinc: 0.45mg (3.02%), Fiber: 0.69g (2.74%), Iron: 0.47mg (2.63%), Vitamin B1: 0.03mg (2.3%), Vitamin E: 0.31mg (2.09%), Vitamin B12: 0.11µg (1.87%), Copper: 0.04mg (1.8%)