



## Easy Parmesan-Garlic Chicken and Pasta

READY IN



35 min.

SERVINGS



35

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 Tbsp basil fresh thinly sliced
- 0.5 tsp garlic powder
- 0.5 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce divided traditional
- 0.7 oz env. seasons dressing mix italian good
- 4.8 cups blend rotini pasta whole wheat uncooked
- 1.5 lb chicken breasts boneless skinless

### Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 400F.
- Mix 1/3 cup cheese, dressing mix and garlic powder. Moisten chicken with water; coat evenly with cheese mixture.
- Place in single layer in shallow pan sprayed with cooking spray.
- Bake 20 to 25 min. or until chicken is done (165F).
- Meanwhile, cook pasta in large saucepan as directed on package; drain and set aside.
- Add sauce to saucepan; cook on medium-low heat 5 to 6 min. or until heated through, stirring occasionally. Reserve 3/4 cup sauce.
- Add pasta to remaining sauce; mix lightly.
- Spoon pasta mixture onto 6 plates; top with chicken, reserved sauce, basil and remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.63, Glycemic Load:2.78, Inflammation Score:-2, Nutrition Score:3.8186956514483%

## Nutrients (% of daily need)

Calories: 64.86kcal (3.24%), Fat: 1.09g (1.67%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.08g (2.58%), Sugar: 0.91g (1.01%), Cholesterol: 13.68mg (4.56%), Sodium: 182.75mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Selenium: 12µg (17.14%), Vitamin B3: 2.36mg (11.82%), Vitamin B6: 0.18mg (8.93%), Phosphorus: 70.9mg (7.09%), Manganese: 0.1mg (5.21%), Potassium: 152.04mg (4.34%), Vitamin B5: 0.38mg (3.78%), Magnesium: 13.05mg (3.26%), Copper: 0.05mg (2.67%), Vitamin B2: 0.04mg (2.48%), Vitamin A: 121.35IU (2.43%), Fiber: 0.56g (2.25%), Vitamin E: 0.34mg (2.24%), Zinc: 0.34mg (2.24%), Iron: 0.38mg (2.14%), Vitamin C: 1.66mg (2.01%), Vitamin K: 2.11µg (2.01%), Calcium: 18.7mg (1.87%), Vitamin B1: 0.03mg (1.68%), Folate: 4.34µg (1.09%)