



## Farmers' Market Chicken Skillet

READY IN



35 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 tsp pepper black
- 0.3 cup basil fresh chopped
- 4 cloves garlic minced
- 1.5 cups milk italian\* three cheese blend shredded 2% kraft
- 0.5 lb pasta uncooked
- 2 Tbsp olive oil divided
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless
- 3 baby squash yellow sliced

3 zucchini sliced

## Equipment

frying pan

sauce pan

## Directions

Cook pasta in large saucepan as directed on package, omitting salt.

Meanwhile, sprinkle chicken with pepper.

Heat 1 Tbsp. oil in large nonstick skillet on medium heat.

Add chicken; cook 5 to 7 min. on each side or until done (165F).

Remove to plate; cover to keep warm.

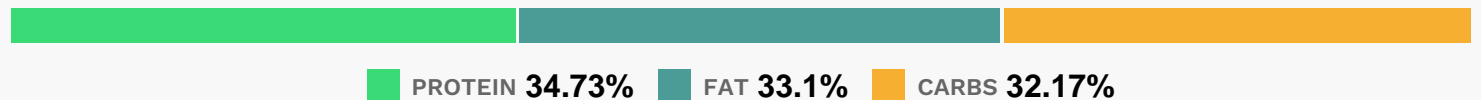
Add remaining oil to same skillet.

Add squash; stir-fry 3 min.

Add garlic; stir-fry 3 min. or until squash is crisp-tender.

Drain pasta, reserving 1/4 cup cooking water. Toss pasta with reserved water in same pan; place on large serving platter. Top with chicken, squash and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:12.58, Inflammation Score:-7, Nutrition Score:24.897391137869%

## Flavonoids

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 454.15kcal (22.71%), Fat: 16.85g (25.93%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 33.48g (12.17%), Sugar: 5.64g (6.27%), Cholesterol: 81.8mg (27.27%), Sodium: 270.23mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.78g (79.57%), Selenium: 62.32µg (89.03%), Vitamin

B3: 13.42mg (67.09%), Vitamin B6: 1.31mg (65.33%), Vitamin C: 36.37mg (44.08%), Phosphorus: 414.36mg (41.44%), Manganese: 0.78mg (38.92%), Potassium: 1037.3mg (29.64%), Vitamin B2: 0.38mg (22.65%), Magnesium: 86.7mg (21.68%), Vitamin B5: 2.16mg (21.61%), Folate: 64.3µg (16.07%), Calcium: 143mg (14.3%), Vitamin K: 14.76µg (14.05%), Vitamin B1: 0.2mg (13.56%), Fiber: 3.37g (13.47%), Zinc: 2mg (13.35%), Copper: 0.26mg (12.77%), Vitamin A: 515.9IU (10.32%), Iron: 1.74mg (9.69%), Vitamin E: 1.2mg (7.98%), Vitamin B12: 0.28µg (4.72%)