



Fresh Broccoli & Chicken Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups broccoli florets
- 3 cloves garlic minced
- 0.3 cup lite house dressing italian kraft
- 2.5 cups multi-grain penne pasta uncooked
- 2 cups classico family favorites pasta sauce traditional
- 1 cup milk mozzarella cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

sauce pan

Directions

Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 min.

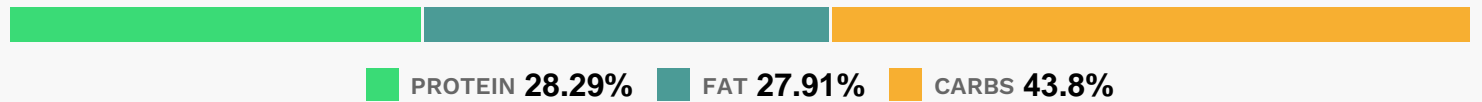
Meanwhile, heat dressing in large nonstick skillet on medium heat.

Add chicken and garlic; cook 5 min. or until chicken is no longer pink, stirring occasionally. Stir in pasta sauce; cook 5 min. or until chicken is done, stirring occasionally.

Drain pasta mixture; return to pan.

Add chicken mixture; mix lightly. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:5.0299999998963%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 59.26kcal (2.96%), Fat: 1.92g (2.95%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.18g (2.25%), Sugar: 1.19g (1.32%), Cholesterol: 9.35mg (3.12%), Sodium: 159mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin C: 11.34mg (13.75%), Vitamin K: 13.13µg (12.51%), Selenium: 8.53µg (12.19%), Manganese: 0.24mg (11.83%), Vitamin B3: 1.53mg (7.64%), Phosphorus: 63.79mg (6.38%), Vitamin B6: 0.13mg (6.36%), Magnesium: 17.28mg (4.32%), Potassium: 146.01mg (4.17%), Vitamin A: 186.78IU (3.74%), Calcium: 34.31mg (3.43%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.32mg (3.2%), Folate: 12.75µg (3.19%), Iron: 0.55mg (3.06%), Copper: 0.06mg (2.98%), Vitamin E: 0.44mg (2.97%), Zinc: 0.42mg (2.8%), Fiber: 0.59g (2.34%), Vitamin B12: 0.12µg (2%)