



## Garden Fresh Farfalle Pasta Chicken

READY IN



30 min.

SERVINGS



30

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup baby carrots diagonally sliced
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup basil fresh chopped
- 0.5 cup italian\* five cheese blend shredded kraft finely
- 1 onion thinly sliced
- 1 cup peas frozen
- 1 lb chicken breasts boneless skinless cut into thin strips
- 0.3 cup tuscan house dressing italian kraft

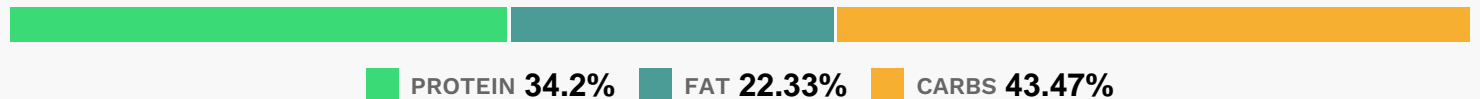
## Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding carrots and peas to the boiling water for the last 3 min.
- Meanwhile, cook and stir chicken in large nonstick skillet on medium heat 3 to 4 min. or until no longer pink.
- Remove from skillet; cover to keep warm.
- Add onions and dressing to skillet; cook 5 min. or until onions are crisp-tender, stirring frequently. Return chicken to skillet. Stir in broth. Bring to boil; simmer on medium-low heat 3 min. or until chicken is done, stirring occasionally.
- Drain pasta mixture.
- Add to skillet with basil; stir.
- Serve topped with cheese.

## Nutrition Facts



## Properties

Glycemic Index:6.11, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:3.6182608698373%

## Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 57.66kcal (2.88%), Fat: 1.42g (2.18%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.54g (2.01%), Sugar: 1.03g (1.14%), Cholesterol: 10.05mg (3.35%), Sodium: 100.66mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Selenium: 9.12µg (13.02%), Vitamin A: 641.21IU (12.82%), Vitamin B3: 1.89mg (9.44%), Vitamin B6: 0.14mg (7.11%), Phosphorus: 52.48mg (5.25%), Manganese:

0.09mg (4.63%), Vitamin K: 3.58µg (3.41%), Vitamin C: 2.54mg (3.08%), Potassium: 102.93mg (2.94%), Vitamin B5: 0.28mg (2.85%), Fiber: 0.66g (2.63%), Magnesium: 9.86mg (2.47%), Vitamin B1: 0.03mg (2.15%), Copper: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.8%), Folate: 6.95µg (1.74%), Zinc: 0.25mg (1.68%), Iron: 0.28mg (1.56%), Calcium: 10.32mg (1.03%)