



## Garden-Fresh Pasta Toss

READY IN



25 min.

SERVINGS



8

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 oz baby spinach leaves
- 2 cups cherry tomatoes halved
- 0.5 cup three cheese blend 100% grated kraft
- 1 lb shell macaroni uncooked
- 0.3 cup olive oil divided
- 2 medium orange peppers yellow coarsely chopped
- 1 env. seasons dressing mix italian good
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces

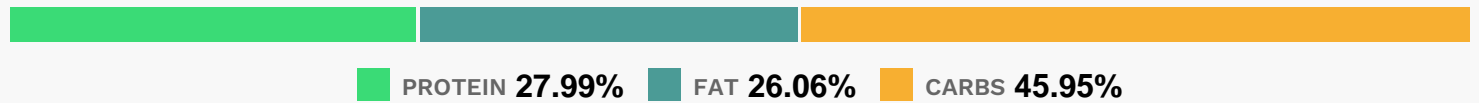
## Equipment

- bowl
- frying pan

## Directions

- Cook pasta as directed on package.
- Meanwhile, sprinkle chicken with dressing mix; toss to coat.
- Heat 1 Tbsp. of the oil in large nonstick skillet.
- Add chicken; cook and stir 5 min. or until cooked through.
- Remove from heat; set aside until ready to use.
- Drain pasta; place in large bowl.
- Add chicken and all remaining ingredients; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:28.337391410185%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 409.13kcal (20.46%), Fat: 11.77g (18.11%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 43.54g (15.83%), Sugar: 3.78g (4.2%), Cholesterol: 55.83mg (18.61%), Sodium: 146.95mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.91%), Vitamin K: 109.49µg (104.27%), Selenium: 63.48µg (90.68%), Vitamin C: 53.57mg (64.93%), Vitamin A: 3132.89IU (62.66%), Vitamin B3: 10.48mg (52.39%), Vitamin B6: 0.88mg (43.75%), Manganese: 0.8mg (39.79%), Phosphorus: 314.35mg (31.43%), Potassium: 703.81mg (20.11%), Magnesium: 75.88mg (18.97%), Folate: 73.38µg (18.35%), Vitamin B5: 1.61mg (16.12%), Vitamin E: 2.31mg (15.37%), Fiber: 3.17g (12.67%), Copper: 0.25mg (12.37%), Iron: 2.05mg (11.37%), Vitamin B2: 0.19mg (11.34%), Zinc:

1.53mg (10.21%), Vitamin B1: 0.15mg (10.1%), Calcium: 57.46mg (5.75%), Vitamin B12: 0.17 $\mu$ g (2.83%)