



Italian Chicken Primavera

READY IN



20 min.

SERVINGS



3

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 4 oz pasta like spaghetti whole wheat hot cooked uncooked
- 0.3 cup basil fresh chopped
- 1 clove garlic finely chopped
- 1 cup marinated artichoke hearts drained chopped
- 1 Tbsp parmesan cheese grated kraft
- 3 plum tomatoes chopped
- 1 medium zucchini chopped

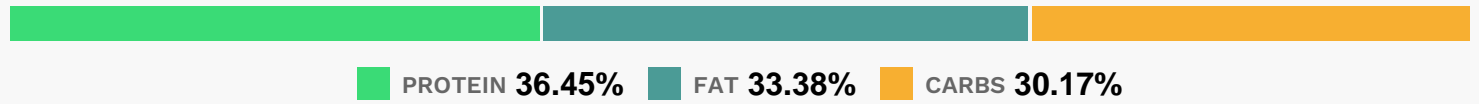
Equipment

frying pan

Directions

- Cook and stir tomatoes, zucchini, artichokes and garlic in large nonstick skillet on medium-high heat 5 min. or until zucchini is crisp-tender.
- Add chicken and basil; stir. Cook 5 min. or until heated through, stirring occasionally.
- Serve over the hot spaghetti; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:70.33, Glycemic Load:5.78, Inflammation Score:-8, Nutrition Score:16.419565094554%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 244.99kcal (12.25%), Fat: 9.05g (13.92%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 13.91g (5.06%), Sugar: 4.25g (4.72%), Cholesterol: 49.64mg (16.55%), Sodium: 334.17mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.45%), Vitamin B3: 8.73mg (43.66%), Vitamin C: 34.86mg (42.26%), Manganese: 0.76mg (37.92%), Selenium: 26.3µg (37.57%), Vitamin A: 1446.84IU (28.94%), Vitamin B6: 0.54mg (27.15%), Phosphorus: 215.84mg (21.58%), Fiber: 4.48g (17.94%), Vitamin K: 16.49µg (15.7%), Potassium: 492.22mg (14.06%), Magnesium: 48.48mg (12.12%), Iron: 1.97mg (10.93%), Vitamin B2: 0.16mg (9.6%), Vitamin B5: 0.91mg (9.1%), Vitamin B1: 0.14mg (9.07%), Copper: 0.17mg (8.67%), Zinc: 1.29mg (8.58%), Folate: 30.63µg (7.66%), Calcium: 64.24mg (6.42%), Vitamin E: 0.7mg (4.7%), Vitamin B12: 0.22µg (3.59%)