



Italian Chicken & Tomato Pasta Toss

READY IN



20 min.

SERVINGS



20

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 2 cups cherry tomatoes halved
- 3 cups curly egg noodles uncooked
- 0.5 cup basil fresh chopped
- 3 cloves garlic minced
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into 1-1/2-inch pieces

Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 min. or until done, stirring occasionally.
- Add tomatoes, dressing and garlic; cook and stir 3 min. or until heated through.
- Drain pasta. Toss with chicken mixture and basil; sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:3.9673912965733%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 73.5kcal (3.68%), Fat: 2.99g (4.61%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.86g (1.77%), Sugar: 0.58g (0.65%), Cholesterol: 20.39mg (6.8%), Sodium: 77.68mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Selenium: 12.33µg (17.61%), Vitamin B3: 2.57mg (12.87%), Vitamin B6: 0.2mg (10.07%), Phosphorus: 74.49mg (7.45%), Vitamin C: 3.92mg (4.75%), Manganese: 0.08mg (4.16%), Vitamin B5: 0.4mg (4.02%), Potassium: 136.19mg (3.89%), Vitamin K: 3.43µg (3.27%), Magnesium: 11.48mg (2.87%), Vitamin A: 125.7IU (2.51%), Zinc: 0.33mg (2.17%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.07%), Copper: 0.04mg (1.92%), Iron: 0.33mg (1.83%), Calcium: 18mg (1.8%), Vitamin E: 0.26mg (1.73%), Vitamin B12: 0.08µg (1.31%), Folate: 4.99µg (1.25%), Fiber: 0.31g (1.25%)