



Italiano Chicken and Pasta Medley

READY IN



25 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon tomatoes diced canned drained
- ☐ 3.5 cups chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 1.5 teaspoons garlic fresh minced
- ☐ 0.5 teaspoon penzey's southwest seasoning italian crushed
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 3 cups soup noodles corkscrew-shaped uncooked
- ☐ 1 pound chicken breast boneless skinless
- ☐ 16 ounce any vegetable combination frozen

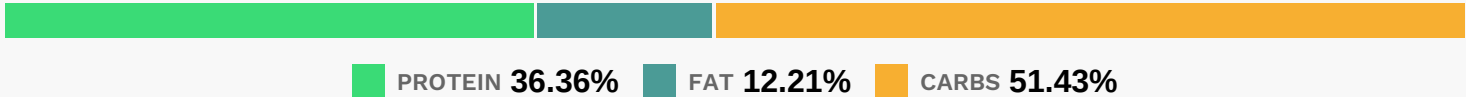
Equipment

☐ frying pan

Directions

- ☐ Cook chicken and garlic in nonstick skillet until browned, stirring often.
- ☐ Remove chicken.
- ☐ Add broth, tomatoes and Italian seasoning.
- ☐ Heat to a boil. Stir in pasta. Cook over medium heat for 10 minutes.
- ☐ Add vegetables and cheese.
- ☐ Heat to a boil. Return chicken to pan. Cook for 5 minutes or until pasta is done.
- ☐ Serve with additional cheese.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:12.3, Inflammation Score:-10, Nutrition Score:18.596087059249%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 263.09kcal (13.15%), Fat: 3.57g (5.5%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 29.75g (10.82%), Sugar: 1.47g (1.63%), Cholesterol: 52.57mg (17.52%), Sodium: 666.52mg (28.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Vitamin A: 3884.57IU (77.69%), Selenium: 44.7µg (63.86%), Vitamin B3: 9.67mg (48.37%), Vitamin B6: 0.7mg (34.83%), Manganese: 0.56mg (27.91%), Phosphorus: 277.98mg (27.8%), Fiber: 4.1g (16.38%), Potassium: 544.43mg (15.56%), Vitamin B2: 0.25mg (14.56%), Magnesium: 56.57mg (14.14%), Vitamin B5: 1.36mg (13.57%), Vitamin B1: 0.2mg (13.32%), Vitamin C: 9.24mg (11.2%), Copper: 0.2mg (10.18%), Zinc: 1.39mg (9.24%), Iron: 1.59mg (8.83%), Folate: 31.07µg (7.77%), Calcium: 53.99mg (5.4%), Vitamin B12: 0.2µg (3.35%), Vitamin E: 0.29mg (1.92%), Vitamin K: 1.33µg (1.27%)