



Mediterranean Chicken and Vegetable Farfalle

READY IN



30 min.

SERVINGS



4

CALORIES



625 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup chickpeas canned rinsed (garbanzo beans)
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 0.3 cup feta dried with oregano, sun tomatoes and cracked peppercorns cheese kraft
- 1 cup green beans fresh chopped
- 270 g philadelphia herb and garlic cooking creme light
- 1 tablespoon oil
- 1 cup pepper strips red halved
- 1 pound chicken breast halves boneless skinless cut into bite-size pieces

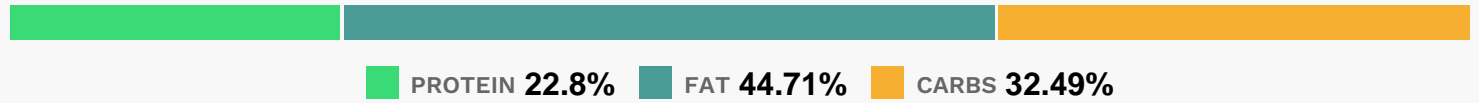
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add chicken and beans; cook and stir 5 to 6 min. or until chicken is done.
- Add peppers; cook and stir 2 to 3 min. or until crisp-tender.
- Add cooking creme and chickpeas; cook and stir 2 to 3 min. or until heated through.
- Drain pasta, reserving 1/4 cup cooking water. Gradually stir reserved water into cooking creme mixture; add pasta and feta cheese; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.58, Glycemic Load:16.54, Inflammation Score:-8, Nutrition Score:26.833478305651%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 624.95kcal (31.25%), Fat: 31.57g (48.57%), Saturated Fat: 14.36g (89.77%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 46.46g (16.89%), Sugar: 6.25g (6.94%), Cholesterol: 145.95mg (48.65%), Sodium: 597.07mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.47%), Selenium: 65.92µg (94.18%), Vitamin B3: 13.82mg (69.11%), Vitamin C: 55.12mg (66.81%), Vitamin B6: 1.23mg (61.43%), Manganese: 0.91mg (45.46%), Phosphorus: 392.4mg (39.24%), Vitamin A: 1454.77IU (29.1%), Potassium: 936.64mg (26.76%), Vitamin B5: 2.23mg (22.25%), Magnesium: 86.32mg (21.58%), Fiber: 5.16g (20.65%), Vitamin K: 19.37µg (18.45%), Copper: 0.33mg (16.53%), Vitamin B2: 0.24mg (14.05%), Iron: 2.45mg (13.62%), Vitamin B1: 0.2mg (13.46%), Folate: 51.21µg (12.8%), Zinc: 1.8mg (12%), Vitamin E: 1.58mg (10.53%), Calcium: 46.23mg (4.62%), Vitamin B12: 0.23µg (3.78%)