



One-Dish Chicken Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 leaf toppings: almonds fresh shredded toasted sliced chopped
- ☐ 5 tablespoons butter divided
- ☐ 3 cups chicken broth
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 12 oz farfalle pasta (bow-tie)
- ☐ 0.3 cup flour all-purpose
- ☐ 8 oz mushrooms fresh quartered
- ☐ 2 cups milk
- ☐ 1 medium onion chopped

- ☐ 4 oz parmesan cheese shredded
- ☐ 1 teaspoon pepper
- ☐ 1 medium size bell pepper red chopped
- ☐ 0.5 teaspoon salt

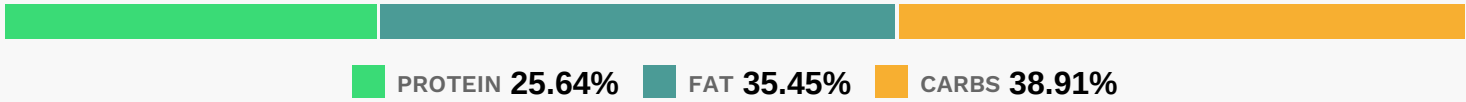
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Prepare pasta according to package directions. Meanwhile, melt 2 Tbsp. butter in a Dutch oven over medium heat.
- ☐ Add onion and bell pepper; saut 5 minutes or until tender.
- ☐ Add mushrooms; saut 4 minutes.
- ☐ Remove from Dutch oven.
- ☐ Melt remaining 3 Tbsp. butter in Dutch oven over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in chicken broth and milk; cook over medium heat, whisking constantly, 5 to 7 minutes or until thickened and bubbly.
- ☐ Stir chicken, sauted vegetables, and hot cooked pasta into sauce.
- ☐ Add cheese, pepper, and salt.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:60.83, Glycemic Load:23.41, Inflammation Score:-8, Nutrition Score:24.743478163429%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,

Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 588.73kcal (29.44%), Fat: 23.06g (35.47%), Saturated Fat: 12.11g (75.69%), Carbohydrates: 56.96g (18.99%), Net Carbohydrates: 53.74g (19.54%), Sugar: 8.48g (9.42%), Cholesterol: 102.55mg (34.18%), Sodium: 1097.94mg (47.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.53g (75.06%), Selenium: 65.44µg (93.49%), Phosphorus: 514.18mg (51.42%), Vitamin B3: 8.88mg (44.4%), Manganese: 0.75mg (37.54%), Calcium: 361.44mg (36.14%), Vitamin B2: 0.6mg (35.05%), Vitamin C: 27.54mg (33.38%), Vitamin B6: 0.56mg (27.9%), Vitamin A: 1225.14IU (24.5%), Zinc: 3.14mg (20.97%), Vitamin B5: 2.02mg (20.24%), Copper: 0.38mg (18.76%), Potassium: 652.02mg (18.63%), Magnesium: 74.4mg (18.6%), Vitamin B1: 0.28mg (18.51%), Vitamin B12: 0.93µg (15.46%), Iron: 2.5mg (13.88%), Fiber: 3.21g (12.85%), Folate: 47.25µg (11.81%), Vitamin D: 1.06µg (7.1%), Vitamin E: 0.83mg (5.56%), Vitamin K: 3.05µg (2.91%)