



Parmesan, Chicken & Broccoli Pasta for Two

READY IN



25 min.

SERVINGS



25

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 2 cloves garlic minced
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 4 tsp parmesan cheese grated kraft
- 0.5 cup milk mozzarella cheese shredded 2% divided kraft
- 0.5 lb chicken breasts boneless skinless cut into strips
- 0.5 cup tomatoes chopped
- 0.3 lb pasta like spaghetti whole wheat uncooked

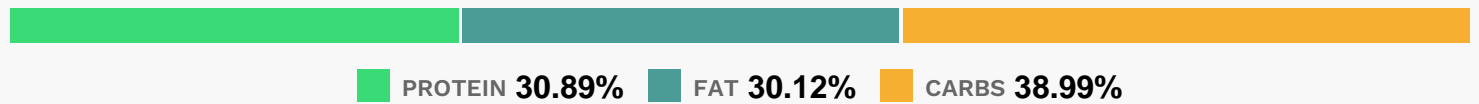
Equipment

frying pan

Directions

- Cook spaghetti as directed on package, omitting salt.
- Meanwhile, heat dressing and garlic in large nonstick skillet on medium heat.
- Add chicken and broccoli; cook and stir 5 to 7 min. or until chicken is done. Stir in tomatoes and 1/4 cup mozzarella; cook 1 to 2 min. or until heated through, stirring occasionally.
- Drain spaghetti; place on serving plate. Top with chicken mixture, remaining mozzarella and Parmesan.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.4173912989057%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 45.18kcal (2.26%), Fat: 1.55g (2.38%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.48g (0.54%), Cholesterol: 8.26mg (2.75%), Sodium: 64.66mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Selenium: 7.13µg (10.19%), Vitamin K: 9.06µg (8.63%), Vitamin C: 7.1mg (8.6%), Manganese: 0.16mg (8.24%), Vitamin B3: 1.25mg (6.25%), Phosphorus: 49.92mg (4.99%), Vitamin B6: 0.1mg (4.96%), Magnesium: 11.6mg (2.9%), Calcium: 25.01mg (2.5%), Vitamin B1: 0.04mg (2.4%), Potassium: 79.48mg (2.27%), Vitamin B5: 0.23mg (2.25%), Folate: 8.19µg (2.05%), Vitamin B2: 0.03mg (2%), Zinc: 0.3mg (1.99%), Vitamin A: 95.73IU (1.91%), Iron: 0.28mg (1.57%), Copper: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.33%)