



 **56%**
HEALTH SCORE

Parmesan, Chicken & Broccoli Pasta for Two

READY IN



25 min.

SERVINGS



2

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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

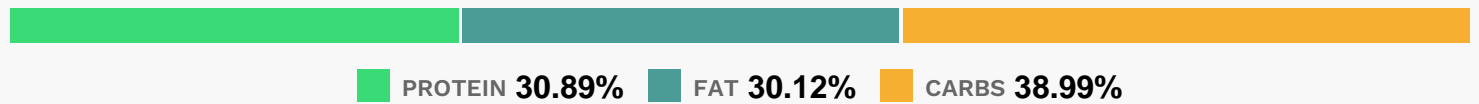
Equipment

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:63.5, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:40.739565149598%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.18mg, Kaempferol: 7.18mg, Kaempferol: 7.18mg, Kaempferol: 7.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 564.7kcal (28.24%), Fat: 19.37g (29.81%), Saturated Fat: 6.98g (43.64%), Carbohydrates: 56.42g (18.81%), Net Carbohydrates: 53.54g (19.47%), Sugar: 6.02g (6.69%), Cholesterol: 103.27mg (34.42%), Sodium: 808.25mg (35.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.7g (89.4%), Selenium: 89.18µg (127.39%), Vitamin K: 113.3µg (107.91%), Vitamin C: 88.69mg (107.5%), Manganese: 2.06mg (102.94%), Vitamin B3: 15.64mg (78.18%), Phosphorus: 624.03mg (62.4%), Vitamin B6: 1.24mg (61.96%), Magnesium: 145.04mg (36.26%), Calcium: 312.64mg (31.26%), Vitamin B1: 0.45mg (30.04%), Potassium: 993.44mg (28.38%), Vitamin B5: 2.82mg (28.18%), Folate: 102.41µg (25.6%), Vitamin B2: 0.42mg (24.97%), Zinc: 3.74mg (24.92%), Vitamin A: 1196.64IU (23.93%), Iron: 3.54mg (19.65%), Copper: 0.38mg (18.81%), Vitamin B12: 1µg (16.64%), Vitamin E: 1.88mg (12.5%), Fiber: 2.88g (11.5%), Vitamin D: 0.27µg (1.83%)