



Parmesan Chicken Skillet

READY IN



25 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

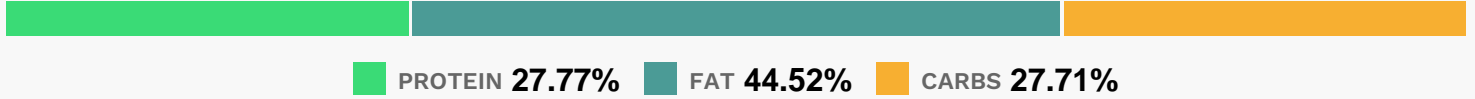
Ingredients

- 3 chicken breast halves boneless cut in bite size pieces
- 3 tablespoons butter divided
- 8 ounces angel hair pasta cooked drained your favorite (or pasta)
- 2 tablespoons flour
- 1 cup half and half
- 1 teaspoon seasoning italian
- 0.5 cup parmesan
- 1 cup peas frozen
- 4 servings salt and pepper

1 cup tomatoes diced

Equipment

Nutrition Facts



Properties

Glycemic Index:71.96, Glycemic Load:11.96, Inflammation Score:-8, Nutrition Score:20.685652173913%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 440.78kcal (22.04%), Fat: 21.7g (33.39%), Saturated Fat: 12.33g (77.07%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 26.54g (9.65%), Sugar: 5.99g (6.65%), Cholesterol: 106.49mg (35.5%), Sodium: 601.21mg (26.14%), Protein: 30.46g (60.92%), Selenium: 48.89µg (69.84%), Vitamin B3: 10.39mg (51.97%), Phosphorus: 410.49mg (41.05%), Vitamin B6: 0.8mg (40.12%), Vitamin C: 21.18mg (25.67%), Calcium: 244.92mg (24.49%), Vitamin A: 1195.72IU (23.91%), Manganese: 0.44mg (22.03%), Vitamin B2: 0.33mg (19.68%), Potassium: 619.49mg (17.7%), Vitamin K: 16.96µg (16.15%), Vitamin B5: 1.61mg (16.06%), Magnesium: 62.24mg (15.56%), Fiber: 3.85g (15.39%), Vitamin B1: 0.23mg (15.31%), Zinc: 1.92mg (12.82%), Iron: 2.17mg (12.04%), Folate: 47.56µg (11.89%), Copper: 0.18mg (9.18%), Vitamin B12: 0.45µg (7.54%), Vitamin E: 0.96mg (6.39%)