

health-score100%

HEALTH SCORE

Personal Penne Primavera

Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup freshly basil leaves chopped
- ☐ 2 cups broccoli florets
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 cup carrots sliced
- ☐ 2 cups chicken breast halves diced cooked
- ☐ 3 cloves garlic minced
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 1 cup mushrooms sliced

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan   grated
- ☐ 0.5 cup peas   green frozen thawed
- ☐ 1 pound penne pasta
- ☐ 0.5 cup onion   red chopped
- ☐ 1 cup roasted peppers   diced red
- ☐ 4 servings salt and pepper   black freshly ground

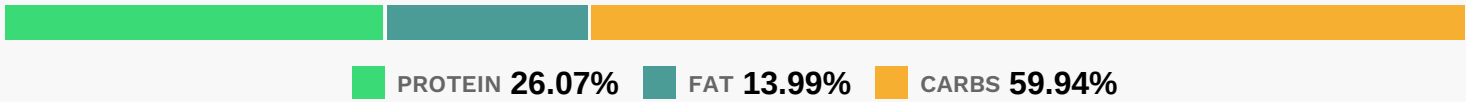
Equipment

- ☐ frying pan

Directions

- ☐ Cook penne according to package directions.
- ☐ Drain and set aside.
- ☐ In a large skillet, heat oil over medium–high heat.
- ☐ Add onion and garlic and cook 3 minutes, until soft.
- ☐ Add broccoli, carrots and mushrooms and cook 3 minutes, until mushrooms soften.
- ☐ Add chicken, red peppers, tomatoes, and broth and bring to a simmer. Stir in penne and peas cook 2 minutes to heat through and season, to taste, with salt and black pepper.
- ☐ Transfer mixture to a serving plate and top with Parmesan and basil.

Nutrition Facts



Properties

Glycemic Index:105.29, Glycemic Load:39.27, Inflammation Score:-10, Nutrition Score:42.440435243689%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.08mg, Myricetin:

0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 707.8kcal (35.39%), Fat: 11.04g (16.99%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 106.44g (35.48%), Net Carbohydrates: 96.72g (35.17%), Sugar: 12.21g (13.56%), Cholesterol: 65.17mg (21.72%), Sodium: 860.46mg (37.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.29g (92.59%), Selenium: 97.72µg (139.6%), Vitamin A: 6323.43IU (126.47%), Vitamin C: 78.08mg (94.65%), Manganese: 1.61mg (80.57%), Vitamin B3: 15.67mg (78.33%), Vitamin K: 69.47µg (66.16%), Phosphorus: 579.89mg (57.99%), Vitamin B6: 1.04mg (51.98%), Copper: 0.79mg (39.42%), Fiber: 9.72g (38.89%), Potassium: 1243.05mg (35.52%), Magnesium: 133.58mg (33.4%), Iron: 4.94mg (27.42%), Vitamin B2: 0.46mg (26.86%), Vitamin B1: 0.37mg (24.86%), Folate: 97.8µg (24.45%), Zinc: 3.6mg (24.03%), Calcium: 232.43mg (23.24%), Vitamin B5: 2.26mg (22.6%), Vitamin E: 2.69mg (17.92%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.16µg (1.06%)