



Quick Chicken Minestrone

READY IN



20 min.

SERVINGS



20

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 29 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 0.3 cup parmesan cheese grated kraft
- 0.7 oz env. seasons dressing mix italian good
- 1 cup rotini pasta uncooked
- 6 oz chicken breasts boneless skinless cut into bite-size pieces
- 2 cups vegetable blend frozen italian-style
- 2 cups water

Equipment

sauce pan

Directions

- Bring all ingredients except cheese to boil in large saucepan, stirring occasionally.
- Simmer on medium-low heat 10 min. or until chicken is done and pasta is tender, stirring occasionally.
- Serve topped with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:4.2365217069569%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 47.48kcal (2.37%), Fat: 0.76g (1.17%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.81g (2.11%), Sugar: 1.06g (1.18%), Cholesterol: 6.53mg (2.18%), Sodium: 174.86mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin A: 985.65IU (19.71%), Selenium: 5.17µg (7.38%), Vitamin B3: 1.46mg (7.3%), Vitamin C: 5.82mg (7.05%), Vitamin B6: 0.13mg (6.6%), Manganese: 0.11mg (5.3%), Phosphorus: 50mg (5%), Fiber: 1.24g (4.94%), Potassium: 156.32mg (4.47%), Iron: 0.65mg (3.6%), Magnesium: 13.37mg (3.34%), Vitamin B1: 0.05mg (3.28%), Vitamin B2: 0.05mg (3.1%), Copper: 0.06mg (3.03%), Calcium: 30.11mg (3.01%), Folate: 9.52µg (2.38%), Vitamin B5: 0.22mg (2.16%), Vitamin E: 0.31mg (2.04%), Zinc: 0.29mg (1.92%), Vitamin K: 1.23µg (1.17%)