



## Quick Chicken-Parmesan Pasta

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 oz broccoli frozen chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 2 cups rotini pasta uncooked
- 1 tomatoes coarsely chopped

### Equipment

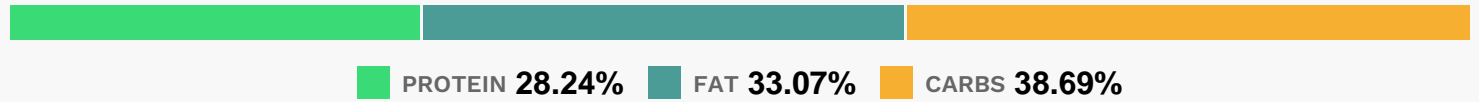
- bowl

microwave

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, microwave broccoli in medium microwaveable bowl on HIGH 5 min. Stir in chicken. Microwave 2 min. or until heated through; drain.
- Drain pasta; place in large bowl.
- Add oil and cheese; toss to coat.
- Add broccoli mixture and tomatoes; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:10.24, Inflammation Score:-7, Nutrition Score:20.112173681674%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

## Nutrients (% of daily need)

Calories: 299.29kcal (14.96%), Fat: 11.04g (16.99%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.91g (9.42%), Sugar: 2.82g (3.13%), Cholesterol: 41.58mg (13.86%), Sodium: 167.71mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin C: 67.43mg (81.74%), Vitamin K: 79.2µg (75.43%), Selenium: 34.66µg (49.51%), Vitamin B3: 6.98mg (34.91%), Phosphorus: 247.44mg (24.74%), Manganese: 0.47mg (23.58%), Vitamin B6: 0.45mg (22.57%), Vitamin A: 760.68IU (15.21%), Folate: 56.74µg (14.18%), Potassium: 484.17mg (13.83%), Vitamin E: 1.91mg (12.71%), Fiber: 3.17g (12.69%), Magnesium: 48.69mg (12.17%), Calcium: 104.38mg (10.44%), Vitamin B2: 0.18mg (10.4%), Vitamin B5: 0.99mg (9.93%), Zinc: 1.46mg (9.74%), Iron: 1.5mg (8.33%), Copper: 0.16mg (8.15%), Vitamin B1: 0.12mg (8.01%), Vitamin B12: 0.23µg (3.82%)