



Quick Creamy Parmesan Chicken Penne

READY IN



30 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups roasted chicken canned cooked chopped (rotisserie or)
- 0.3 cup panko bread crumbs crispy italian progresso®
- 0.3 cup parmesan shredded
- 2 cups penne pasta uncooked
- 1 cup tomatoes diced

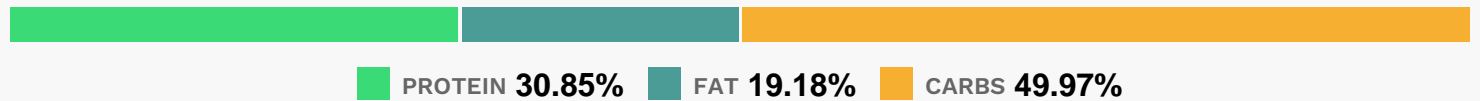
Equipment

- frying pan

Directions

- HEAT cooking sauce, 1 1/2 cups water, 1 T. butter, salt and pepper to boiling in large skillet.
- STIR in pasta; reduce heat to medium. Cover; cook about 10 minutes, stirring occasionally, until pasta is tender. Stir in chicken and cheese.
- TOP with tomato and bread crumbs.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:17.34, Inflammation Score:-5, Nutrition Score:14.896956781978%

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: 379.77kcal (18.99%), Fat: 7.92g (12.18%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 44g (16%), Sugar: 2.78g (3.09%), Cholesterol: 58.17mg (19.39%), Sodium: 218.69mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.3%), Selenium: 55.59µg (79.41%), Vitamin B3: 6.97mg (34.83%), Phosphorus: 313.67mg (31.37%), Manganese: 0.61mg (30.32%), Vitamin B6: 0.41mg (20.44%), Zinc: 2.2mg (14.69%), Magnesium: 53.89mg (13.47%), Calcium: 129.47mg (12.95%), Copper: 0.24mg (11.83%), Potassium: 389.04mg (11.12%), Vitamin B2: 0.19mg (10.97%), Iron: 1.93mg (10.71%), Vitamin B5: 1.01mg (10.14%), Vitamin B1: 0.15mg (9.82%), Fiber: 2.42g (9.66%), Vitamin A: 404.08IU (8.08%), Vitamin C: 5.1mg (6.19%), Folate: 23.81µg (5.95%), Vitamin B12: 0.32µg (5.27%), Vitamin K: 3.39µg (3.23%), Vitamin E: 0.28mg (1.9%)