



Rosemary-Garlic Pasta Primavera

READY IN



20 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups tightly baby spinach leaves packed
- 2 Tbsp olive oil
- 0.3 cup seasoned parmesan cheese rosemary & garlic grated kraft
- 2.7 cups penne pasta uncooked
- 1 bell pepper red cut into thin strips
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 cup zucchini thin

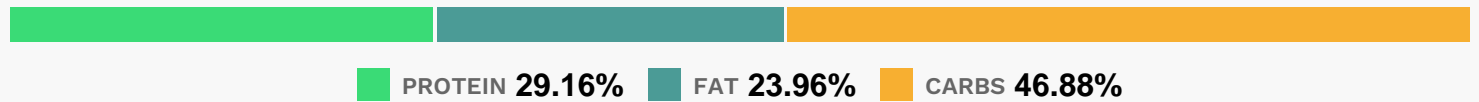
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large skillet on medium heat.
- Add chicken; cook and stir 5 to 7 min. or until no longer pink.
- Add next 3 ingredients; cook and stir 4 min. or until chicken is done.
- Drain pasta.
- Add to chicken mixture in skillet along with the cheese; mix lightly.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:15.34, Inflammation Score:-8, Nutrition Score:20.742173980112%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 345.54kcal (17.28%), Fat: 9.07g (13.95%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 37.56g (13.66%), Sugar: 2.47g (2.75%), Cholesterol: 53.22mg (17.74%), Sodium: 197.53mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Selenium: 57.88µg (82.68%), Vitamin K: 52.82µg (50.31%), Vitamin B3: 9.05mg (45.26%), Vitamin C: 30.95mg (37.52%), Vitamin B6: 0.74mg (36.79%), Vitamin A: 1650.08IU (33%), Phosphorus: 302.46mg (30.25%), Manganese: 0.6mg (30.24%), Magnesium: 60.24mg (15.06%), Potassium: 526.1mg (15.03%), Vitamin B5: 1.4mg (14.01%), Folate: 43.36µg (10.84%), Zinc: 1.52mg (10.13%), Vitamin B2: 0.17mg (10.01%), Vitamin E: 1.43mg (9.52%), Copper: 0.19mg (9.45%), Fiber: 2.34g (9.36%), Vitamin B1: 0.12mg (7.87%), Iron: 1.38mg (7.64%), Calcium: 76.38mg (7.64%), Vitamin B12: 0.23µg (3.77%)