



## Southwest Chicken and Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups broccoli cut in 1 inch pieces
- 10.8 ounce cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 1.5 cups roasted chicken cubed cooked
- 0.3 cup milk
- 4 servings parmesan cheese grated
- 3 cups soup noodles corkscrew-shaped tube-shaped uncooked
- 0.8 cup picante sauce thick pace®
- 1 medium bell pepper green red chopped

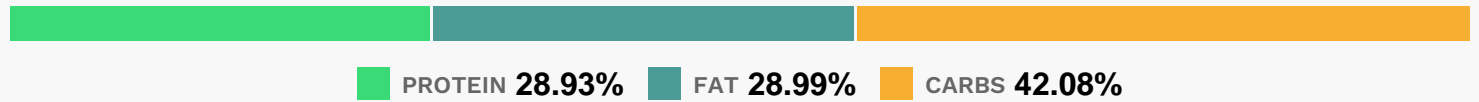
# Equipment

pot

# Directions

- Cook pasta according to package directions.
- Add broccoli and pepper for last 4 minutes of cooking time.
- Drain.
- Mix soup, milk, salsa, chicken and pasta mixture in same saucepot.
- Heat through. Top with cheese.

# Nutrition Facts



# Properties

Glycemic Index:30.5, Glycemic Load:14.43, Inflammation Score:-8, Nutrition Score:26.16739148679%

# Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

# Nutrients (% of daily need)

Calories: 471.6kcal (23.58%), Fat: 15.18g (23.36%), Saturated Fat: 7g (43.75%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 45.46g (16.53%), Sugar: 5.28g (5.86%), Cholesterol: 71.11mg (23.7%), Sodium: 1448.26mg (62.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.16%), Vitamin C: 64.09mg (77.69%), Selenium: 53.68µg (76.69%), Vitamin K: 49.73µg (47.36%), Phosphorus: 464.14mg (46.41%), Manganese: 0.86mg (43%), Calcium: 340.06mg (34.01%), Vitamin B3: 6.6mg (32.99%), Vitamin B6: 0.57mg (28.63%), Zinc: 3.95mg (26.32%), Vitamin B2: 0.35mg (20.58%), Potassium: 711.53mg (20.33%), Copper: 0.4mg (19.87%), Vitamin A: 923.92IU (18.48%), Magnesium: 72.07mg (18.02%), Fiber: 4.12g (16.48%), Iron: 2.52mg (13.98%), Vitamin B5: 1.38mg (13.83%), Vitamin B12: 0.76µg (12.69%), Folate: 50.5µg (12.63%), Vitamin B1: 0.17mg (11.35%), Vitamin E: 1.26mg (8.39%), Vitamin D: 0.32µg (2.12%)