

Swanson® Chicken Primavera

READY IN



30 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli
- ☐ 2 medium carrots sliced
- ☐ 9 ounce chicken breast chunk drained swanson® canned
- ☐ 1.8 cups chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 4 cups spaghetti hot cooked
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 small onion chopped
- ☐ 0.3 cup parmesan cheese grated

☐ 0.5 cup bell pepper green red cut into 2-inch-long strips

Equipment

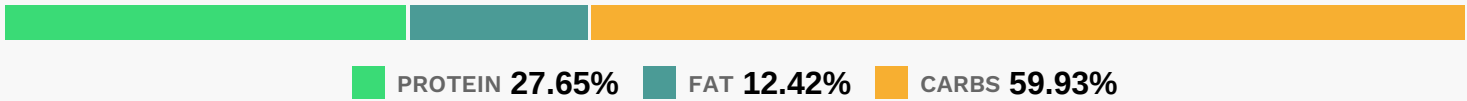
☐ bowl

☐ sauce pan

Directions

- ☐ Stir the cornstarch and 1/4 cup broth in a small bowl until the mixture is smooth.
- ☐ Heat the remaining broth, garlic powder, broccoli, carrots, pepper and onion in a 3-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the vegetables are tender-crisp.
- ☐ Stir the cornstarch mixture in the saucepan. Cook and stir until the mixture boils and thickens. Stir in the chicken and cook until the mixture is hot and bubbling. Toss the chicken mixture with the spaghetti and cheese.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:21.69, Inflammation Score:-10, Nutrition Score:26.7991305797%

Flavonoids

Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 380.45kcal (19.02%), Fat: 5.21g (8.01%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 51.38g (18.68%), Sugar: 4.62g (5.13%), Cholesterol: 48.32mg (16.11%), Sodium: 603.5mg (26.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin A: 5513.97IU (110.28%), Selenium: 61.35µg (87.64%), Vitamin C: 58.08mg (70.41%), Vitamin K: 50.59µg (48.18%), Vitamin B3: 8.14mg (40.68%), Vitamin B6: 0.74mg (36.82%), Manganese: 0.7mg (34.91%), Phosphorus: 308.7mg (30.87%), Fiber: 5.18g (20.74%), Potassium: 624.76mg (17.85%), Magnesium: 61.78mg (15.44%), Vitamin B2: 0.25mg (14.9%), Iron: 2.67mg (14.83%), Vitamin B5: 1.47mg (14.72%), Folate: 51.52µg (12.88%), Copper: 0.23mg (11.63%), Zinc: 1.74mg (11.61%),

Calcium: 109.21mg (10.92%), Vitamin B1: 0.16mg (10.86%), Vitamin E: 0.9mg (5.98%), Vitamin B12: 0.23µg (3.88%)