



 **100%**  
HEALTH SCORE

## Tarragon and Chicken Pasta (Cooking for 2)

 Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.3 ounces mostaccioli pasta uncooked
- 3 ounces mushrooms sliced
- 0.5 cup broccoli florets
- 0.5 cup carrots thinly sliced
- 0.5 cup skim milk fat-free (skim)
- 1.5 teaspoons cornstarch
- 1 teaspoon tarragon dried fresh chopped
- 0.1 teaspoon salt

- 1 clove garlic finely chopped
- 1.3 ounces pkt spinach shredded
- 0.8 cup roasted chicken cooked
- 1 ounce swiss cheese shredded reduced-fat

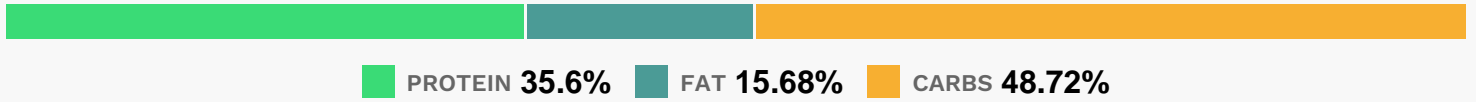
## Equipment

- sauce pan

## Directions

- In 3-quart saucepan, cook pasta as directed on package—except add mushrooms, broccoli and carrot during the last 4 minutes of cooking.
- Meanwhile, in 1 1/2-quart saucepan, mix milk, cornstarch, tarragon, salt and garlic. Cook over medium heat, stirring constantly, until mixture thickens and boils. Stir in remaining ingredients until cheese is melted and spinach is wilted.
- Drain pasta mixture; toss with sauce.

## Nutrition Facts



## Properties

Glycemic Index:159.04, Glycemic Load:12.71, Inflammation Score:-10, Nutrition Score:28.557826104371%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 297.38kcal (14.87%), Fat: 5.19g (7.98%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 32.82g (11.94%), Sugar: 6.97g (7.74%), Cholesterol: 46.17mg (15.39%), Sodium: 286.67mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (53.01%), Vitamin A: 7359.27IU (147.19%), Vitamin K: 113.14µg (107.75%), Selenium: 41.13µg (58.76%), Phosphorus: 389.46mg (38.95%), Vitamin C: 29.02mg (35.18%), Vitamin B3: 6.99mg (34.94%), Manganese: 0.68mg (34.08%), Vitamin B2: 0.49mg (28.95%), Calcium: 284.36mg (28.44%), Vitamin B6: 0.51mg (25.64%), Potassium: 754.04mg (21.54%), Folate: 75.24µg (18.81%),

Magnesium: 70.72mg (17.68%), Zinc: 2.62mg (17.46%), Vitamin B5: 1.74mg (17.41%), Copper: 0.32mg (16.15%), Fiber: 3.44g (13.77%), Iron: 2.39mg (13.25%), Vitamin B12: 0.76µg (12.71%), Vitamin B1: 0.19mg (12.63%), Vitamin E: 0.8mg (5.33%), Vitamin D: 0.77µg (5.15%)