



 **100%**
HEALTH SCORE

Tarragon and Chicken Pasta (Cooking for 2)

 Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup broccoli florets
- 0.5 cup carrots thinly sliced
- 0.8 cup roasted chicken cooked
- 1.5 teaspoons cornstarch
- 0.5 cup skim milk fat-free (skim)
- 1 clove garlic finely chopped
- 2.3 ounces mostaccioli pasta uncooked
- 3 ounces mushrooms sliced

- 0.1 teaspoon salt
- 1.3 ounces pkt spinach shredded
- 1 ounce swiss cheese shredded reduced-fat

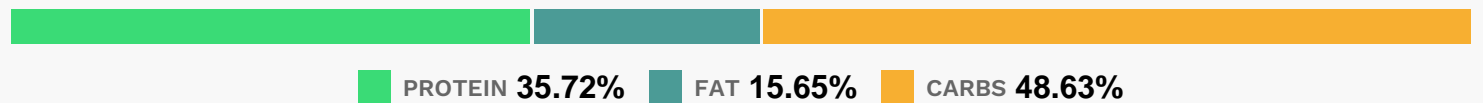
Equipment

- 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:124.04, Glycemic Load:12.41, Inflammation Score:-10, Nutrition Score:27.957391344983%

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: 294.43kcal (14.72%), Fat: 5.12g (7.87%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 32.39g (11.78%), Sugar: 6.97g (7.74%), Cholesterol: 46.17mg (15.39%), Sodium: 286.05mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Vitamin A: 7317.27IU (146.35%), Vitamin K: 113.14µg (107.75%), Selenium: 41.08µg (58.69%), Phosphorus: 386.33mg (38.63%), Vitamin C: 28.52mg (34.57%), Vitamin B3: 6.9mg (34.49%), Manganese: 0.6mg (30.1%), Vitamin B2: 0.48mg (28.17%), Calcium: 272.97mg (27.3%), Vitamin B6: 0.49mg (24.44%), Potassium: 723.84mg (20.68%), Folate: 72.5µg (18.13%), Vitamin B5: 1.74mg (17.41%), Zinc: 2.58mg (17.2%), Magnesium: 67.25mg (16.81%), Copper: 0.32mg (15.82%), Fiber: 3.37g (13.47%), Vitamin B12: 0.76µg (12.71%), Vitamin B1: 0.19mg (12.46%), Iron: 2.06mg (11.46%), Vitamin E: 0.8mg (5.33%), Vitamin D: 0.77µg

(5.15%)