



## Tuscan Italian Chicken with Penne & Broccoli

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups broccoli florets
- 0.1 tsp pepper red crushed
- 0.3 cup chicken broth fat-free reduced-sodium
- 2 tsp olive oil
- 3 Tbsp parmesan cheese grated kraft
- 2 cups penne pasta uncooked
- 0.8 cup mozzarella cheese shredded with a touch of philadelphia kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup tuscan house dressing italian kraft

## Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 4 min.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken; cook 7 min. on each side or until done (165F). Top with shredded cheese.
- Remove from heat, cover to keep warm.
- Drain pasta mixture; set aside.
- Add dressing and broth to saucepan; cook 1 min., stirring occasionally. Return pasta mixture to saucepan with Parmesan and crushed pepper; mix lightly.
- Serve with chicken.

## Nutrition Facts



## Properties

Glycemic Index:4.04, Glycemic Load:2.91, Inflammation Score:-2, Nutrition Score:5.3182608919299%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 80.57kcal (4.03%), Fat: 2.44g (3.75%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.46g (2.71%), Sugar: 0.78g (0.87%), Cholesterol: 14.79mg (4.93%), Sodium: 90.75mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Selenium: 12.74µg (18.2%), Vitamin C: 13.21mg (16.02%), Vitamin K: 16.53µg (15.74%), Vitamin B3: 2.16mg (10.8%), Vitamin B6: 0.18mg (8.9%), Phosphorus: 81.05mg (8.11%), Manganese: 0.12mg (5.92%), Potassium: 139.72mg (3.99%), Vitamin B5: 0.39mg (3.9%), Magnesium: 13.58mg (3.4%), Calcium: 32.35mg (3.23%), Vitamin B2: 0.05mg (3.1%), Folate: 11.82µg (2.95%), Zinc: 0.42mg

(2.79%), Fiber: 0.67g (2.68%), Vitamin A: 127.87IU (2.56%), Vitamin B1: 0.03mg (2.12%), Vitamin B12: 0.13 $\mu$ g (2.09%),  
Copper: 0.04mg (1.98%), Vitamin E: 0.27mg (1.83%), Iron: 0.32mg (1.78%)