



Zesty Chicken and Pasta

READY IN



25 min.

SERVINGS



25

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 1 Tbsp parsley fresh chopped
- 8 oz fusilli pasta uncooked
- 0.5 cup lite house dressing italian divided kraft
- 1 small onion thinly sliced
- 0.3 cup parmesan cheese grated kraft
- 1 large bell pepper red chopped
- 1 lb chicken breasts boneless skinless cut into 1-inch pieces

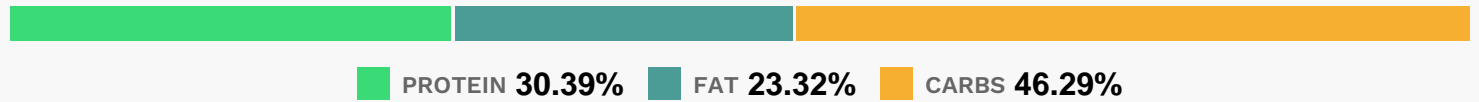
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat 1/4 cup dressing in large skillet on medium-high heat.
- Add chicken; cook and stir 5 min. or until done.
- Add vegetables and parsley; cook 5 min. or until vegetables are tender, stirring occasionally.
- Drain pasta; toss with chicken mixture and remaining dressing. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:2.96, Inflammation Score:-3, Nutrition Score:5.1456521477388%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 75.19kcal (3.76%), Fat: 1.93g (2.97%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 7.95g (2.89%), Sugar: 1.27g (1.41%), Cholesterol: 12.48mg (4.16%), Sodium: 88.62mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Vitamin C: 15.54mg (18.83%), Selenium: 12.19µg (17.41%), Vitamin K: 12.95µg (12.33%), Vitamin B3: 2.17mg (10.85%), Vitamin B6: 0.19mg (9.4%), Phosphorus: 69.7mg (6.97%), Manganese: 0.11mg (5.74%), Vitamin A: 279.39IU (5.59%), Potassium: 134.93mg (3.86%), Vitamin B5: 0.37mg (3.67%), Magnesium: 12.78mg (3.2%), Folate: 10.79µg (2.7%), Fiber: 0.67g (2.68%), Vitamin B2: 0.04mg (2.47%), Zinc: 0.33mg (2.22%), Vitamin E: 0.31mg (2.1%), Vitamin B1: 0.03mg (2.07%), Copper: 0.04mg (1.92%), Calcium: 17mg (1.7%), Iron: 0.3mg (1.66%)