



Zesty Italian Chicken with Pasta & Vegetables

READY IN



30 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1.5 tsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red halved cut into strips,
- 1.5 cups penne pasta whole wheat uncooked
- 1 zucchini cut into thin strips

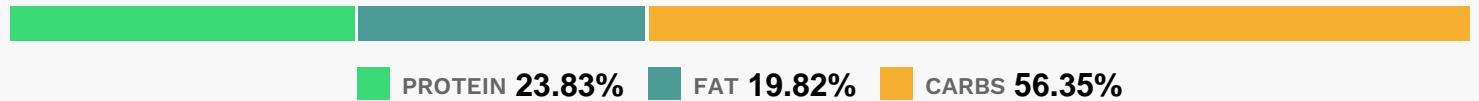
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add vegetables; cook and stir 5 min. or until crisp-tender.
- Add chicken; cook on medium heat 3 min. or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add chicken mixture and dressing; mix lightly. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:1.57, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.6373912959319%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 59.1kcal (2.95%), Fat: 1.26g (1.94%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.08g (2.57%), Sugar: 0.79g (0.88%), Cholesterol: 5.11mg (1.7%), Sodium: 30.16mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin C: 6.25mg (7.58%), Vitamin B3: 0.85mg (4.24%), Fiber: 1g (4%), Vitamin B6: 0.06mg (2.89%), Vitamin A: 142.04IU (2.84%), Selenium: 1.74µg (2.48%), Phosphorus: 18.85mg (1.88%), Vitamin K: 1.73µg (1.65%), Potassium: 42.2mg (1.21%), Vitamin E: 0.16mg (1.09%), Vitamin B2: 0.02mg (1.01%)