

Zucchini Pasta II

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 0.5 cup meat from a rotisserie chicken cooked chopped
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 3 cloves garlic sliced
- ☐ 2 tablespoons cream cheese light
- ☐ 1 teaspoon olive oil
- ☐ 0.5 onion chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce shells uncooked
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 ounce roasted peppers diced red
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1 zucchini chopped

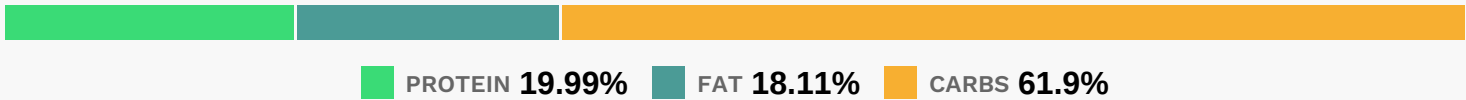
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place pasta shells in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- ☐ Heat the olive oil in a skillet over medium heat, and cook the onion and garlic until tender.
- ☐ Mix in the zucchini, and season with oregano, salt and pepper, and red pepper. Cook 10 minutes, until tender.
- ☐ Stir the chicken broth into the skillet, and cook 5 minutes, until heated through.
- ☐ Mix in the chicken, roasted red peppers, and cream cheese, and continue cooking 5 minutes.
- ☐ Serve over the cooked pasta, and top with fresh basil and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:17.69, Inflammation Score:-6, Nutrition Score:13.121739050616%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 312.52kcal (15.63%), Fat: 6.25g (9.62%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 45.21g (16.44%), Sugar: 4g (4.44%), Cholesterol: 23.49mg (7.83%), Sodium: 420.39mg (18.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Selenium: 43.36µg (61.94%), Manganese: 0.75mg (37.37%), Phosphorus: 222.76mg (22.28%), Vitamin C: 14.06mg (17.05%), Vitamin B6: 0.31mg (15.27%), Vitamin B3: 2.79mg (13.93%), Magnesium: 50.48mg (12.62%), Copper: 0.24mg (12.13%), Fiber: 2.87g (11.48%), Zinc: 1.65mg (11.03%), Potassium: 383.16mg (10.95%), Calcium: 107.61mg (10.76%), Vitamin K: 11.12µg (10.59%), Vitamin B2: 0.18mg (10.55%), Iron: 1.5mg (8.35%), Folate: 30.12µg (7.53%), Vitamin B1: 0.11mg (7.46%), Vitamin A: 359.84IU (7.2%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.21µg (3.55%), Vitamin E: 0.45mg (2.97%)