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Chicken Penne Primavera Pasta ♦

Chicken Penne Primavera Pasta is a delicious and hearty pasta dish that combines tender chicken, colorful vegetables, and penne pasta in a creamy sauce. It is a popular Italian-American dish that is loved for its rich flavors and satisfying texture. This recipe is perfect for a family dinner or a special occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
300 g	penne pasta
200 g	broccoli florets
150 g	Carrots
150 g	Red Bell Pepper

150 g	yellow bell pepper
50 g	parmesan cheese
30 ml	olive oil
2 cloves	garlic
1 tsp	salt
0.5 tsp	black pepper
200 ml	heavy cream
100 ml	chicken broth

Directions

Step 1

Boiling

Cook the penne pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add chicken and cook until browned and cooked through, about 5-7 minutes. Remove chicken from skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

In the same skillet, add garlic and cook until fragrant, about 1 minute. Add broccoli, carrots, red bell pepper, and yellow bell pepper. Cook until vegetables are tender-crisp, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Return the cooked chicken to the skillet. Add cooked penne pasta, heavy cream, chicken broth, salt, and black pepper. Stir well to combine. Cook for an additional 2-3 minutes, until heated through.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Serve the Chicken Penne Primavera Pasta hot, garnished with grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian Chinese Mediterranean Spanish American

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Course

Breads Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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