



Chicken Alfredo Pesto Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound angel hair pasta uncooked
- ☐ 0.5 cup philadelphia cream cheese spread
- ☐ 2 cups milk
- ☐ 2 teaspoons oil
- ☐ 0.3 cup parmesan cheese grated kraft
- ☐ 2 tablespoons pesto
- ☐ 1 large bell pepper red cut into strips
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces

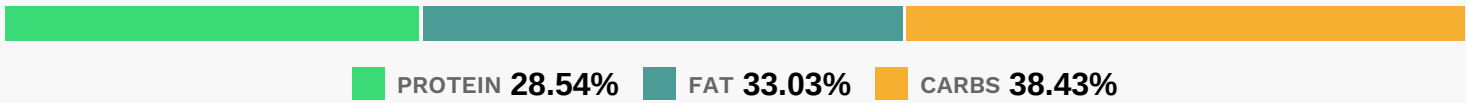
Equipment

☐ frying pan

Directions

- ☐ Cook pasta as directed on package, omitting salt. Meanwhile, heat oil in large nonstick skillet on medium heat.
- ☐ Add chicken; cook and stir 7 min. or until done.
- ☐ Stir in milk and cream cheese spread; cook 3 min. or until cream cheese is completely melted and sauce is well blended.
- ☐ Add peppers, Parmesan and pesto; stir. Cook 3 min. or until heated through, stirring occasionally.
- ☐ Drain pasta.
- ☐ Add to cream cheese sauce; toss to coat.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:19.7, Inflammation Score:-9, Nutrition Score:27.573043418967%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 566.87kcal (28.34%), Fat: 20.49g (31.53%), Saturated Fat: 8.64g (54.01%), Carbohydrates: 53.64g (17.88%), Net Carbohydrates: 50.85g (18.49%), Sugar: 10.23g (11.36%), Cholesterol: 110.84mg (36.95%), Sodium: 494.1mg (21.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.84g (79.69%), Selenium: 76.67µg (109.53%), Vitamin B3: 13.33mg (66.63%), Vitamin C: 53.84mg (65.26%), Vitamin B6: 1.13mg (56.43%), Phosphorus: 518.8mg (51.88%), Vitamin A: 1990.19IU (39.8%), Manganese: 0.59mg (29.65%), Calcium: 271.88mg (27.19%), Vitamin B5: 2.47mg (24.66%), Potassium: 827.02mg (23.63%), Vitamin B2: 0.37mg (21.89%), Magnesium: 81.28mg (20.32%), Vitamin B12: 0.97µg (16.17%), Zinc: 2.33mg (15.54%), Vitamin B1: 0.22mg (14.38%), Fiber: 2.8g (11.18%), Copper: 0.21mg (10.26%), Vitamin D: 1.49µg (9.91%), Vitamin E: 1.37mg (9.12%), Folate: 33.98µg (8.49%), Iron: 1.4mg

(7.8%), Vitamin K: 4.19μg (3.99%)