



## Chicken Bruschetta Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup balsamic vinaigrette dressing divided kraft
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 2 Tbsp parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless cut into thin strips
- 1 cup classico tomato and basil pasta sauce

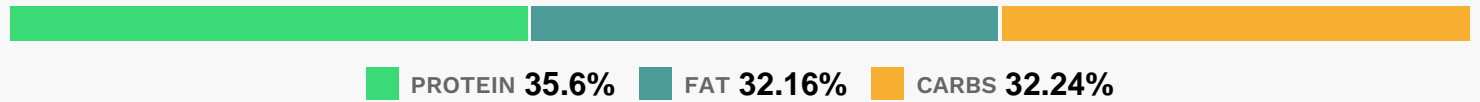
### Equipment

- frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat 1/4 cup dressing in large skillet on medium heat.
- Add chicken; cook and stir 5 min. or until done.
- Drain pasta.
- Add to chicken in skillet along with the remaining dressing; mix lightly.
- Top with pasta sauce and cheese; cover. Cook on medium-low heat 2 to 3 min. or until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:2.1, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:4.3769565224648%

## Nutrients (% of daily need)

Calories: 100.41kcal (5.02%), Fat: 3.47g (5.34%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.34g (2.67%), Sugar: 0.89g (0.99%), Cholesterol: 22.21mg (7.4%), Sodium: 125.35mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.29%), Selenium: 16.75µg (23.93%), Vitamin B3: 3.7mg (18.51%), Vitamin B6: 0.27mg (13.4%), Phosphorus: 91.62mg (9.16%), Vitamin B5: 0.53mg (5.25%), Potassium: 166.86mg (4.77%), Manganese: 0.09mg (4.4%), Magnesium: 13.79mg (3.45%), Vitamin B2: 0.04mg (2.42%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (2%), Fiber: 0.49g (1.95%), Copper: 0.04mg (1.77%), Iron: 0.28mg (1.56%), Vitamin B12: 0.07µg (1.25%), Calcium: 10.6mg (1.06%), Vitamin A: 52.03IU (1.04%)