



## Chicken Bruschetta Pasta

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 oz philadelphia cream cheese spread
- 2 cups farfalle pasta hot cooked (bow-tie pasta)
- 0.3 cup chicken broth fat-free reduced-sodium
- 12 basil leaves fresh
- 1.5 tsp garlic powder
- 2 cups grape tomatoes
- 2 Tbsp milk
- 1 lb chicken breasts boneless skinless cut into strips

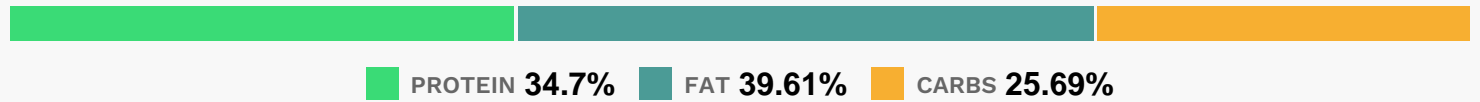
# Equipment

frying pan

# Directions

- Mix cream cheese, milk and garlic powder until blended.
- Cook and stir chicken in large nonstick skillet on medium heat 5 to 6 min. or until done. Stir in broth; cook 3 min., stirring frequently.
- Add tomatoes and cream cheese mixture; cook and stir 3 min. or until heated through.
- Add pasta to chicken mixture; toss to evenly coat. Top with basil.

# Nutrition Facts



# Properties

Glycemic Index:7.98, Glycemic Load:1.31, Inflammation Score:-2, Nutrition Score:2.7891304447599%

# Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 59.85kcal (2.99%), Fat: 2.58g (3.97%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.71g (0.79%), Cholesterol: 17.38mg (5.79%), Sodium: 76.77mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Selenium: 8.12µg (11.59%), Vitamin B3: 2.02mg (10.09%), Vitamin B6: 0.15mg (7.7%), Phosphorus: 48.16mg (4.82%), Vitamin A: 202.99IU (4.06%), Potassium: 104.5mg (2.99%), Vitamin B5: 0.29mg (2.88%), Manganese: 0.05mg (2.36%), Vitamin C: 1.89mg (2.29%), Magnesium: 7.95mg (1.99%), Vitamin K: 1.78µg (1.69%), Calcium: 15.65mg (1.56%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.3%), Iron: 0.23mg (1.25%), Fiber: 0.31g (1.24%), Zinc: 0.18mg (1.2%), Copper: 0.02mg (1.12%)