



WHATSheATE



Chicken Bruschetta Pasta



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound chicken breast strips boneless skinless
- ☐ 2 cups farfalle pasta hot cooked (bow-tie pasta)
- ☐ 10 ounce philadelphia original cooking creme
- ☐ 0.3 cup chicken broth fat-free reduced-sodium
- ☐ 12 leaves basil leaves fresh cut into strips
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 cups grape tomatoes

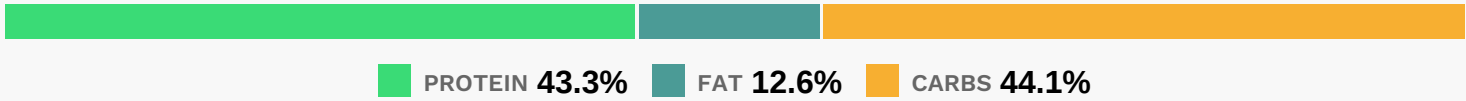
Equipment

☐ frying pan

Directions

- ☐ Cook chicken in large nonstick skillet on medium heat 5 to 6 min. or until done.
- ☐ Add broth and garlic powder; cook 3 min.
- ☐ Add cooking creme and tomatoes; cook and stir 3 min.
- ☐ Stir in pasta and basil.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:8.04, Inflammation Score:-6, Nutrition Score:16.412608654603%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 261.92kcal (13.1%), Fat: 3.61g (5.55%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 26.56g (9.66%), Sugar: 11.71g (13.01%), Cholesterol: 72.57mg (24.19%), Sodium: 221.83mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.79%), Selenium: 50.35µg (71.93%), Vitamin B3: 12.6mg (62.98%), Vitamin B6: 0.94mg (47.11%), Phosphorus: 289.58mg (28.96%), Potassium: 631.84mg (18.05%), Vitamin B5: 1.77mg (17.67%), Manganese: 0.3mg (14.91%), Vitamin A: 733.73IU (14.67%), Vitamin C: 11.84mg (14.35%), Magnesium: 48.95mg (12.24%), Vitamin K: 12.34µg (11.75%), Vitamin B2: 0.14mg (8.43%), Iron: 1.4mg (7.78%), Vitamin B1: 0.11mg (7.54%), Zinc: 1.12mg (7.45%), Fiber: 1.86g (7.45%), Copper: 0.14mg (7.11%), Folate: 20.61µg (5.15%), Vitamin B12: 0.26µg (4.41%), Vitamin E: 0.66mg (4.41%), Calcium: 23.83mg (2.38%)