



## Chicken Capri Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cups broccoli florets frozen
- 8 oz philadelphia cream cheese spread
- 3 cups angel hair pasta hot cooked
- 1.5 tsp garlic powder
- 2 Tbsp milk
- 0.3 cup parmesan cheese shredded kraft
- 0.5 cup pepper strips red halved
- 1 lb chicken breasts boneless skinless cut into strips

# Equipment

frying pan

# Directions

- Mix cream cheese spread, milk and garlic powder until blended.
- Cook and stir chicken and peppers in large nonstick skillet on medium heat 5 to 7 min. or until chicken is done. Stir in broccoli; cook 2 to 3 min. or until heated through.
- Add cream cheese mixture. Cook and stir 2 to 3 min. or until heated through.
- Serve over pasta; sprinkle with Parmesan.

# Nutrition Facts



# Properties

Glycemic Index:9.13, Glycemic Load:3.54, Inflammation Score:-3, Nutrition Score:5.356521691965%

# Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

# Nutrients (% of daily need)

Calories: 101.94kcal (5.1%), Fat: 3.68g (5.66%), Saturated Fat: 2g (12.47%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.34g (3.03%), Sugar: 0.88g (0.98%), Cholesterol: 22.58mg (7.53%), Sodium: 103.05mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.43%), Selenium: 14.09µg (20.13%), Vitamin C: 13.16mg (15.95%), Vitamin B3: 2.56mg (12.81%), Vitamin B6: 0.21mg (10.71%), Vitamin K: 9.54µg (9.08%), Phosphorus: 79.46mg (7.95%), Vitamin A: 300.05IU (6%), Manganese: 0.11mg (5.27%), Vitamin B5: 0.43mg (4.27%), Potassium: 137.1mg (3.92%), Calcium: 37.76mg (3.78%), Magnesium: 13.42mg (3.35%), Fiber: 0.76g (3.04%), Vitamin B2: 0.05mg (2.81%), Iron: 0.49mg (2.73%), Folate: 10.2µg (2.55%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (2%), Copper: 0.04mg (1.82%), Vitamin E: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.14%)