



Chicken Pasta with Broccoli Rabe

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups cut-up broccoli rabe (3-inch pieces)
- 8 oz philadelphia cream cheese spread
- 4 cloves garlic minced
- 1 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 3 cups campanelle pasta uncooked
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces

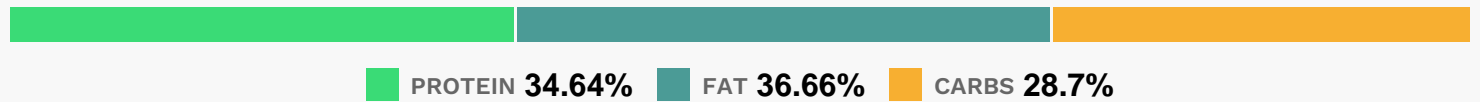
Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli rabe to the boiling water for the last 3 min.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken and garlic; cook and stir 6 to 8 min. or until chicken is done.
- Drain pasta mixture.
- Mix cream cheese spread, milk and Italian seasoning until blended.
- Add to chicken mixture along with the pasta mixture; mix well. Cook 2 to 3 min. or until heated through, stirring frequently.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:1.86, Inflammation Score:-2, Nutrition Score:4.1943477858668%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 77.03kcal (3.85%), Fat: 3.08g (4.74%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.47g (0.52%), Cholesterol: 20.05mg (6.68%), Sodium: 78.56mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Selenium: 11.47µg (16.39%), Vitamin B3: 2.54mg (12.7%), Vitamin K: 12.68µg (12.07%), Vitamin B6: 0.19mg (9.72%), Phosphorus: 69.85mg (6.99%), Vitamin A: 228.35IU (4.57%), Manganese: 0.09mg (4.5%), Vitamin B5: 0.38mg (3.76%), Potassium: 113.15mg (3.23%), Calcium: 27.51mg (2.75%), Magnesium: 10.92mg (2.73%), Vitamin B2: 0.04mg (2.25%), Vitamin B1: 0.03mg (2.02%), Zinc: 0.3mg (2.02%), Vitamin C: 1.48mg (1.79%), Iron: 0.31mg (1.73%), Folate: 6.62µg (1.65%), Fiber: 0.37g (1.48%), Vitamin

E: 0.22mg (1.46%), Copper: 0.03mg (1.38%), Vitamin B12: 0.06µg (1.03%)