



Chicken-Pesto Cavatappi with Parmesan

READY IN



20 min.

SERVINGS



20

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 0.5 cup philadelphia cream cheese spread ()
- 2 cups pasta hot cooked
- 1 cup cremini mushrooms sliced
- 0.5 cup grape tomatoes halved
- 2 Tbsp milk
- 2 Tbsp parmesan cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into strips

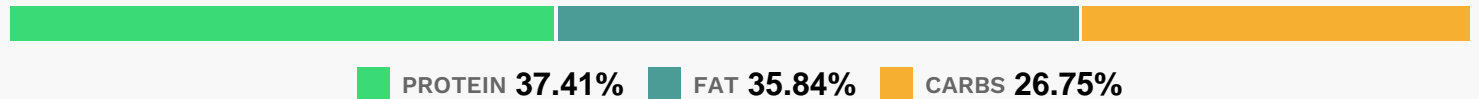
Equipment

frying pan

Directions

- Cook chicken and mushrooms in large nonstick skillet on medium heat 6 to 7 min. or until chicken is done, stirring frequently.
- Mix cream cheese spread, milk and pesto sauce until blended.
- Add to skillet; cook and stir 2 min. or until heated through.
- Stir in pasta and tomatoes; top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:7.57, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:3.312608677408%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 68.62kcal (3.43%), Fat: 2.67g (4.11%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.53g (0.58%), Cholesterol: 18.67mg (6.22%), Sodium: 75.77mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Selenium: 11.44µg (16.34%), Vitamin B3: 2.57mg (12.87%), Vitamin B6: 0.18mg (9.2%), Phosphorus: 64.64mg (6.46%), Vitamin B5: 0.4mg (4.02%), Potassium: 116.75mg (3.34%), Vitamin B2: 0.05mg (2.77%), Vitamin A: 128.32IU (2.57%), Manganese: 0.05mg (2.54%), Magnesium: 9.15mg (2.29%), Calcium: 19.97mg (2%), Copper: 0.04mg (1.91%), Zinc: 0.26mg (1.72%), Vitamin B1: 0.02mg (1.51%), Iron: 0.27mg (1.51%), Fiber: 0.3g (1.21%), Vitamin B12: 0.06µg (1.05%)