



Chicken-Pesto Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 8 oz philadelphia cream cheese spread
- 2 cups farfalle pasta hot cooked (bow-tie pasta)
- 2 Tbsp milk
- 1 cup peas frozen
- 0.3 cup pepper strips red
- 0.5 cup mozzarella cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

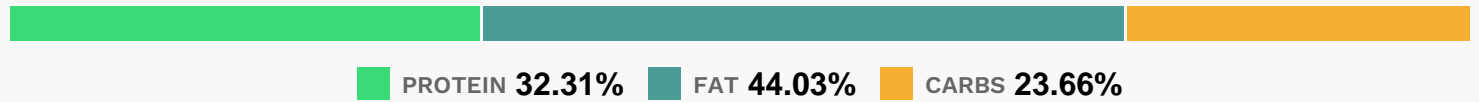
Equipment

frying pan

Directions

- Cook and stir chicken in large nonstick skillet on medium heat 7 to 8 min. or until done.
- Add peas and peppers; cook 2 to 3 min. or until heated through, stirring occasionally.
- 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; top with mozzarella.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:9.03, Inflammation Score:-8, Nutrition Score:20.981304453767%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 459.37kcal (22.97%), Fat: 22.03g (33.89%), Saturated Fat: 11.13g (69.54%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 23.26g (8.46%), Sugar: 5.37g (5.96%), Cholesterol: 120.29mg (40.1%), Sodium: 558.2mg (24.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.37g (72.75%), Selenium: 53.07µg (75.82%), Vitamin B3: 12.94mg (64.68%), Vitamin B6: 0.98mg (49.09%), Vitamin C: 31.75mg (38.49%), Phosphorus: 367.52mg (36.75%), Vitamin A: 1496.73IU (29.93%), Vitamin B5: 1.8mg (17.98%), Calcium: 179.25mg (17.92%), Manganese: 0.35mg (17.49%), Potassium: 578.77mg (16.54%), Magnesium: 55.91mg (13.98%), Vitamin B2: 0.23mg (13.65%), Fiber: 3.37g (13.5%), Vitamin B1: 0.19mg (12.96%), Zinc: 1.84mg (12.27%), Iron: 1.77mg (9.83%), Vitamin B12: 0.59µg (9.77%), Vitamin K: 10.17µg (9.69%), Folate: 38.4µg (9.6%), Copper: 0.15mg (7.48%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.25µg (1.68%)