



Creamy Bacon Vegetable Pasta Skillet

READY IN



40 min.

SERVINGS



40

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 2 cups elbow macaroni uncooked
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 4 cups cut-up vegetables mixed fresh red sliced (broccoli florets, carrots, pepper strips)
- 4 slices oscar mayer center cut bacon cut into 1-inch pieces
- 1 cup water

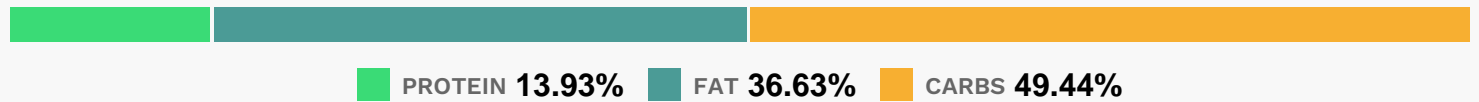
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels.
- Add onions to drippings in skillet; cook and stir 5 min. or until crisp-tender.
- Add chicken broth, water and macaroni to skillet; stir. Bring to boil; cover. Simmer on medium-low heat 10 min. or until macaroni is tender.
- Add vegetables and cream cheese; cook 2 to 3 min. or until cream cheese is completely melted and mixture is well blended and heated through, stirring frequently.
- Sprinkle with bacon and Parmesan.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:2.9756521695982%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 65.1kcal (3.26%), Fat: 2.69g (4.14%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.18g (2.61%), Sugar: 0.43g (0.47%), Cholesterol: 5.46mg (1.82%), Sodium: 87.07mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin A: 965.82IU (19.32%), Selenium: 5.78µg (8.26%), Manganese: 0.11mg (5.71%), Fiber: 1g (3.99%), Phosphorus: 35.66mg (3.57%), Vitamin B3: 0.55mg (2.76%), Vitamin B1: 0.04mg (2.74%), Vitamin C: 2.1mg (2.54%), Magnesium: 9.29mg (2.32%), Vitamin B6: 0.04mg (2.17%), Copper: 0.04mg (2.16%), Potassium: 72.52mg (2.07%), Vitamin B2: 0.03mg (1.93%), Folate: 7.43µg (1.86%), Zinc:

0.26mg (1.7%), Iron: 0.3mg (1.68%), Calcium: 12.37mg (1.24%), Vitamin B5: 0.11mg (1.12%)