



Creamy Basil & Red Pepper Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 oz philadelphia cream cheese fat free softened ()
- ☐ 0.3 cup milk fat-free
- ☐ 0.5 cup basil fresh
- ☐ 2 Tbsp parmesan cheese grated kraft
- ☐ 2 cups penne pasta uncooked
- ☐ 7 oz roasted peppers red drained well
- ☐ 1 lb chicken breasts boneless skinless cut into bite-size pieces

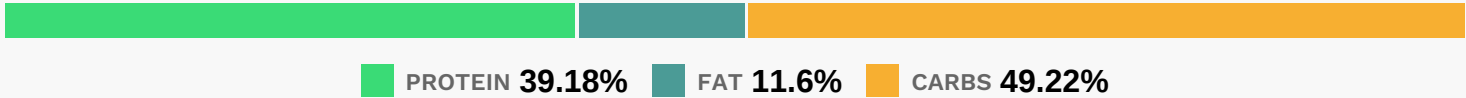
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook pasta as directed on package.
- ☐ Meanwhile, blend all remaining ingredients except chicken in blender until smooth. Cook chicken in large skillet sprayed with cooking spray on medium-high heat 3 min. or until no longer pink, stirring frequently. Stir in pepper puree; simmer on medium heat 5 min. or until chicken is done and mixture is heated through, stirring frequently.
- ☐ Drain pasta.
- ☐ Add to chicken mixture; mix lightly.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:17.16, Inflammation Score:-6, Nutrition Score:23.253043423528%

Nutrients (% of daily need)

Calories: 393.08kcal (19.65%), Fat: 4.95g (7.62%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 44.8g (16.29%), Sugar: 3.84g (4.27%), Cholesterol: 78.61mg (26.2%), Sodium: 1063.26mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.62g (75.23%), Selenium: 74.57µg (106.52%), Vitamin B3: 13.17mg (65.84%), Phosphorus: 536.55mg (53.66%), Vitamin B6: 1.05mg (52.36%), Manganese: 0.65mg (32.7%), Vitamin C: 24.97mg (30.27%), Vitamin B5: 2.18mg (21.84%), Potassium: 735.28mg (21.01%), Magnesium: 75.62mg (18.91%), Calcium: 184.95mg (18.5%), Vitamin B2: 0.27mg (15.77%), Zinc: 2.17mg (14.45%), Copper: 0.28mg (14.04%), Vitamin K: 12.83µg (12.22%), Vitamin B1: 0.16mg (10.48%), Vitamin A: 518.14IU (10.36%), Vitamin B12: 0.62µg (10.31%), Fiber: 2.44g (9.77%), Iron: 1.71mg (9.49%), Folate: 35.02µg (8.75%), Vitamin E: 0.32mg (2.13%), Vitamin D: 0.29µg (1.96%)