



Creamy Bow-Tie Pasta with Chicken and Broccoli

READY IN



25 min.

SERVINGS



25

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups broccoli florets
- 8 oz farfalle pasta uncooked (bow-tie pasta)
- 2 cloves garlic minced
- 4 oz philadelphia neufchatel cheese cubed ()
- 0.3 cup parmesan cheese grated kraft
- 3 Tbsp roasted pepper dressing red italian kraft
- 1.5 lb chicken breasts boneless skinless
- 2 cups classico tomato and basil pasta sauce

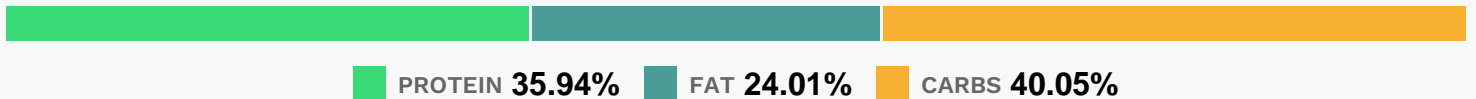
Equipment

- bowl
- frying pan
- colander

Directions

- Cook pasta as directed on package, adding broccoli to the cooking water for the last 3 min. of the pasta cooking time. Meanwhile, heat dressing in large nonstick skillet on medium heat.
- Add chicken and garlic; cook 5 min. Turn chicken over; continue cooking 4 to 5 min. or until chicken is cooked through (170F).
- Drain pasta mixture in colander; return to pan and set aside.
- Add pasta sauce and Neufchatel to chicken in skillet; cook on medium-low heat 2 to 3 min. or until Neufchatel is completely melted, mixture is well blended and chicken is coated with sauce, stirring occasionally.
- Remove chicken from skillet; keep warm.
- Add sauce mixture to pasta mixture; mix well.
- Transfer to six serving bowls.
- Cut chicken crosswise into thick slices; fan out chicken over pasta mixture.
- Sprinkle evenly with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:5.24, Glycemic Load:2.98, Inflammation Score:-3, Nutrition Score:6.2813043574924%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 93.2kcal (4.66%), Fat: 2.46g (3.78%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.36g (1.51%), Cholesterol: 21.64mg (7.21%), Sodium: 131.49mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Selenium: 15.33µg (21.9%), Vitamin C: 14.69mg (17.81%), Vitamin B3: 3.11mg (15.54%), Vitamin K: 15.01µg (14.3%), Vitamin B6: 0.25mg (12.55%), Phosphorus: 97.23mg (9.72%), Manganese: 0.13mg (6.3%), Potassium: 211.22mg (6.03%), Vitamin B5: 0.54mg (5.42%), Vitamin A: 214.91IU (4.3%), Fiber: 1.02g (4.06%), Magnesium: 16mg (4%), Vitamin B2: 0.06mg (3.59%), Folate: 12.88µg (3.22%), Zinc: 0.43mg (2.88%), Calcium: 28.62mg (2.86%), Vitamin B1: 0.04mg (2.54%), Iron: 0.41mg (2.29%), Copper: 0.05mg (2.27%), Vitamin B12: 0.08µg (1.36%), Vitamin E: 0.2mg (1.32%)