



Creamy Chicken and Pasta Bake

READY IN



40 min.

SERVINGS



40

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups broccoli florets
- 0.5 cup chicken broth fat-free reduced-sodium
- 1.5 cups multi-grain rotini pasta uncooked
- 2 oz philadelphia neufchatel cheese cubed ()
- 2 Tbsp parmesan cheese grated kraft
- 1 cup milk mozzarella cheese shredded 2% divided kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

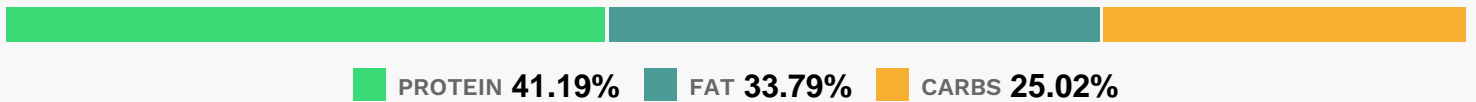
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 min.
- Meanwhile, cook chicken in large skillet sprayed with cooking spray on medium heat 5 min., stirring frequently. Stir in broth; simmer 3 min. or until chicken is done.
- Add Neufchatel; cook and stir on low heat 1 min. or until melted.
- Remove from heat. Stir in 1/2 cup mozzarella.
- Drain pasta mixture.
- Add to chicken mixture; mix lightly. Spoon into 8-inch square baking dish; cover.
- Bake 15 min. or until heated through.
- Sprinkle with remaining cheeses; bake, uncovered, 3 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:2.15, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.8965217043524%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 36.23kcal (1.81%), Fat: 1.37g (2.11%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.19g (0.22%), Cholesterol: 10.74mg (3.58%), Sodium: 53.86mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Selenium: 6.11µg (8.73%), Vitamin C: 6.22mg

(7.54%), Vitamin B3: 1.36mg (6.82%), Vitamin K: 7.08µg (6.74%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 47.89mg (4.79%), Manganese: 0.09mg (4.31%), Vitamin B5: 0.24mg (2.39%), Calcium: 22.8mg (2.28%), Potassium: 73.96mg (2.11%), Magnesium: 8.42mg (2.1%), Vitamin B2: 0.03mg (2.01%), Zinc: 0.25mg (1.68%), Vitamin B12: 0.1µg (1.66%), Vitamin B1: 0.02mg (1.63%), Folate: 6.47µg (1.62%), Vitamin A: 78.93IU (1.58%), Iron: 0.19mg (1.07%)