



Creamy Chicken, Bacon and Tomato Pasta

READY IN



25 min.

SERVINGS



7

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 19 ounce canned tomatoes diced italian-style undrained canned
- ☐ 3 slices bacon crumbled cooked
- ☐ 250 g philadelphia brick cream cheese cubed
- ☐ 3 tablespoons parmesan cheese 100% grated kraft
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces
- ☐ 0.5 cup water
- ☐ 3 cups farfalle pasta whole wheat uncooked (bow-tie)

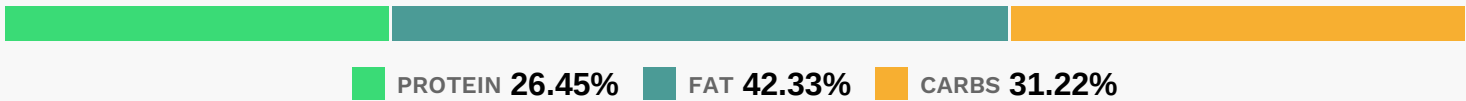
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta as directed on package.
- ☐ Meanwhile, cook chicken in large skillet on medium heat 5 to 6 min. or until chicken is done, stirring occasionally.
- ☐ Add next 5 ingredients; mix well. Cook 3 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.
- ☐ Drain pasta; place in large bowl.
- ☐ Add sauce; mix lightly.
- ☐ Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:2.14, Inflammation Score:-6, Nutrition Score:17.821304624495%

Nutrients (% of daily need)

Calories: 337.61kcal (16.88%), Fat: 16.3g (25.07%), Saturated Fat: 8.44g (52.77%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 25.57g (9.3%), Sugar: 4.75g (5.27%), Cholesterol: 82.39mg (27.46%), Sodium: 383.73mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.83%), Selenium: 45.26µg (64.66%), Manganese: 0.95mg (47.52%), Vitamin B3: 9.42mg (47.09%), Vitamin B6: 0.7mg (34.93%), Phosphorus: 293.55mg (29.35%), Magnesium: 74.52mg (18.63%), Vitamin B1: 0.25mg (16.87%), Potassium: 587.67mg (16.79%), Vitamin B5: 1.64mg (16.43%), Copper: 0.29mg (14.47%), Vitamin B2: 0.24mg (14.05%), Vitamin A: 682.92IU (13.66%), Iron: 2.27mg (12.61%), Zinc: 1.54mg (10.25%), Calcium: 100.9mg (10.09%), Vitamin C: 7.86mg (9.52%), Vitamin E: 1.41mg (9.41%), Folate: 30.63µg (7.66%), Fiber: 1.48g (5.92%), Vitamin K: 5.11µg (4.87%), Vitamin B12: 0.27µg (4.52%)