



Creamy Chicken, Bacon & Tomato Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 14 oz canned tomatoes diced italian-style undrained canned
- 4 oz philadelphia neufchatel cheese cubed ()
- 3 Tbsp parmesan cheese grated kraft
- 0.3 tsp pepper
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 cup water
- 3 cups farfalle pasta whole wheat uncooked (bow-tie pasta)

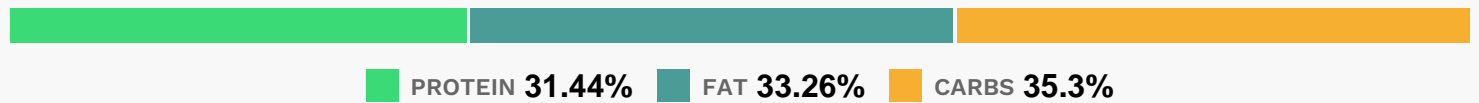
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook chicken in large skillet on medium heat 5 to 6 min. or until done, stirring occasionally.
- Add all remaining ingredients except Parmesan; mix well. Cook 3 min. or until Neufchatel is completely melted and chicken mixture is heated through, stirring frequently.
- Drain pasta; place in large bowl.
- Add chicken mixture; mix lightly.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:5.5613043308258%

Nutrients (% of daily need)

Calories: 94.85kcal (4.74%), Fat: 3.58g (5.51%), Saturated Fat: 1.44g (9%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.17g (2.97%), Sugar: 1.05g (1.17%), Cholesterol: 21.54mg (7.18%), Sodium: 107.43mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.23%), Selenium: 15.04µg (21.49%), Vitamin B3: 3.22mg (16.08%), Manganese: 0.32mg (15.97%), Vitamin B6: 0.23mg (11.57%), Phosphorus: 94.57mg (9.46%), Magnesium: 24.06mg (6.02%), Vitamin B1: 0.08mg (5.59%), Vitamin B5: 0.52mg (5.21%), Potassium: 178.27mg (5.09%), Copper: 0.09mg (4.39%), Iron: 0.7mg (3.86%), Vitamin B2: 0.06mg (3.53%), Zinc: 0.52mg (3.45%), Vitamin C: 2.1mg (2.54%), Calcium: 25.2mg (2.52%), Folate: 9.46µg (2.37%), Vitamin E: 0.33mg (2.21%), Vitamin A: 105IU (2.1%), Fiber: 0.38g (1.53%), Vitamin B12: 0.09µg (1.48%), Vitamin K: 1.25µg (1.19%)