



Creamy Chicken Bow-Tie & Vegetables

READY IN



25 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ()
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 0.8 cup chicken broth fat-free reduced-sodium
- 1 lb vegetables mixed frozen thawed (carrots, broccoli, cauliflower)
- 2 cloves garlic minced
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

Directions

Cook pasta as directed on package.

Meanwhile, heat large nonstick skillet on medium-high heat.

Add chicken and garlic; cook 4 min. or until chicken is no longer pink, stirring occasionally. Stir in vegetables; cook 3 min. or until chicken is done and vegetables are heated through, stirring occasionally.

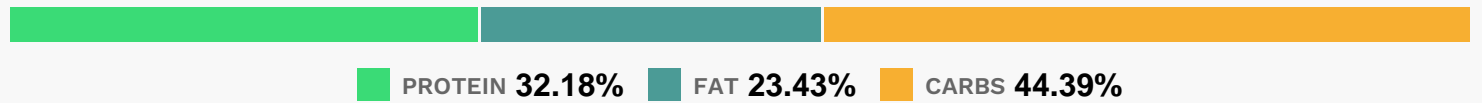
Add broth and reduced-fat cream cheese; cook 2 min. or until cream cheese is melted and sauce is well blended.

Drain pasta.

Add to sauce; stir to evenly coat.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:18.47, Inflammation Score:-10, Nutrition Score:26.776956415695%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 469.42kcal (23.47%), Fat: 12.18g (18.75%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 45.95g (16.71%), Sugar: 2.16g (2.4%), Cholesterol: 95.6mg (31.87%), Sodium: 602.91mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.65g (75.31%), Vitamin A: 6116.13IU (122.32%), Selenium: 68.52µg (97.88%), Vitamin B3: 14.27mg (71.33%), Vitamin B6: 1.05mg (52.59%), Phosphorus: 436.69mg (43.67%), Manganese: 0.74mg (37.07%), Fiber: 6.01g (24.03%), Potassium: 790.61mg (22.59%), Magnesium: 83.54mg (20.88%), Vitamin B5: 2.08mg (20.75%), Vitamin B1: 0.26mg (17.27%), Vitamin C: 13.62mg (16.51%), Vitamin B2: 0.27mg (15.82%), Copper: 0.28mg (14.06%), Zinc: 2.1mg (13.99%), Calcium: 137.19mg (13.72%), Iron: 2.2mg (12.19%), Folate: 46.37µg (11.59%), Vitamin B12: 0.4µg (6.6%), Vitamin E: 0.3mg (1.99%)