



WHATShEATE



Creamy Chicken-Bruschetta Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 270 g philadelphia savoury garlic cooking creme cream cheese product
- ☐ 3 cups farfalle pasta uncooked (bow-tie pasta)
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cups grape tomatoes halved
- ☐ 1 tablespoon oil
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces

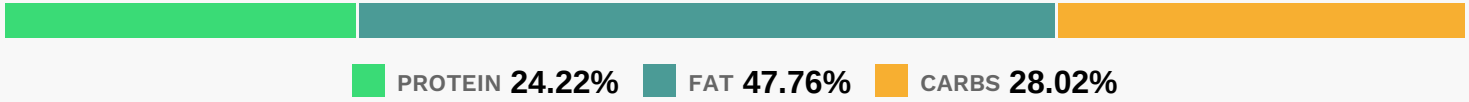
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta as directed on package, omitting salt.
- ☐ Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- ☐ Add chicken; cook and stir 5 to 7 min. or until done.
- ☐ Add Cooking Creme and tomatoes; cook and stir 2 to 3 min. or until heated through.
- ☐ Drain pasta, reserving 1/3 cup cooking water. Gradually add reserved water to sauce mixture until desired consistency is reached.
- ☐ Add pasta; mix lightly. Top with basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:10.19, Inflammation Score:-7, Nutrition Score:14.931304475536%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 384.78kcal (19.24%), Fat: 20.33g (31.28%), Saturated Fat: 9.79g (61.17%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.27g (9.19%), Sugar: 3.8g (4.22%), Cholesterol: 93.83mg (31.28%), Sodium: 233.32mg (10.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.2g (46.4%), Selenium: 47.02µg (67.18%), Vitamin B3: 8.74mg (43.7%), Vitamin B6: 0.68mg (33.77%), Phosphorus: 276.09mg (27.61%), Vitamin A: 1093.5IU (21.87%), Manganese: 0.36mg (17.97%), Vitamin B5: 1.51mg (15.09%), Potassium: 526.68mg (15.05%), Vitamin B2: 0.21mg (12.19%), Magnesium: 45.71mg (11.43%), Vitamin K: 10.86µg (10.35%), Vitamin C: 7.89mg (9.57%), Vitamin E: 1.25mg (8.32%), Zinc: 1.18mg (7.86%), Copper: 0.15mg (7.42%), Vitamin B1: 0.1mg (6.96%), Fiber: 1.57g (6.29%), Calcium: 60.47mg (6.05%), Folate: 20.6µg (5.15%), Iron: 0.88mg (4.92%), Vitamin B12: 0.25µg (4.17%)