



Creamy Chicken Pasta Toss

READY IN



35 min.

SERVINGS



4

CALORIES



594 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup philadelphia cream cheese spread
- 2 cups vegetables mixed frozen
- 3 cups fusilli pasta uncooked
- 2 cups milk
- 1 tsp oil
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken thighs boneless skinless cut into bite-size pieces

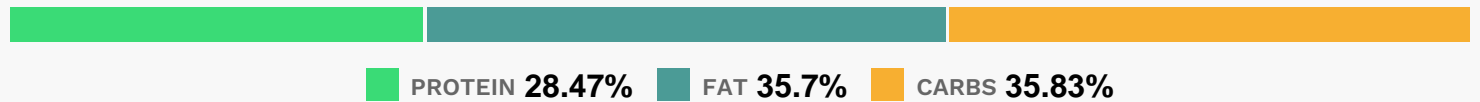
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 7 min. or until evenly browned, stirring occasionally.
- Add milk and cream cheese spread; mix well. Bring to boil. Stir in pasta; cover. Reduce heat to medium-low.
- Cook 10 min. or until pasta is tender and chicken is cooked through.
- Add vegetables; cook 5 min. or until heated through.
- Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:19.73, Inflammation Score:-10, Nutrition Score:29.530434732852%

Nutrients (% of daily need)

Calories: 593.72kcal (29.69%), Fat: 23.52g (36.19%), Saturated Fat: 11.13g (69.59%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 48.04g (17.47%), Sugar: 7.6g (8.45%), Cholesterol: 159.41mg (53.14%), Sodium: 443.34mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.2g (84.4%), Vitamin A: 5263.68IU (105.27%), Selenium: 64.74µg (92.49%), Phosphorus: 603.4mg (60.34%), Vitamin B3: 8.38mg (41.9%), Calcium: 409.22mg (40.92%), Vitamin B6: 0.75mg (37.49%), Vitamin B2: 0.6mg (35.18%), Manganese: 0.66mg (33.03%), Zinc: 4.3mg (28.7%), Vitamin B12: 1.68µg (28.07%), Magnesium: 94.04mg (23.51%), Vitamin B5: 2.27mg (22.75%), Potassium: 775.85mg (22.17%), Vitamin B1: 0.33mg (22.01%), Fiber: 5.08g (20.32%), Copper: 0.29mg (14.44%), Iron: 2.4mg (13.34%), Vitamin C: 9.46mg (11.47%), Folate: 44.96µg (11.24%), Vitamin D: 1.51µg (10.08%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.72mg (4.82%)