



Creamy Chicken Pomodoro

READY IN



30 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 4 oz philadelphia cream cheese cubed ()
- 0.3 tsp pepper red crushed
- 2 Tbsp basil fresh chopped
- 4 cloves garlic minced
- 2 Tbsp olive oil divided
- 2 Tbsp parmesan cheese grated kraft
- 2 cups penne pasta uncooked
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft

1.5 lb chicken breasts boneless skinless

Equipment

frying pan

Directions

- Heat 1 Tbsp. oil in large nonstick skillet on medium heat.
- Add chicken; cook 3 min. on each side or until golden brown on both sides.
- Transfer to plate.
- Add remaining oil to skillet. Stir in garlic and red pepper; cook and stir 30 sec.
- Add tomatoes and cream cheese; cook and stir 2 to 3 min. or until cream cheese is melted and sauce is well blended. Return chicken to skillet along with any meat juices; cover. Simmer 8 to 10 min. or until chicken is done (165F). Meanwhile, cook pasta as directed on package, omitting salt.
- Sprinkle chicken with cheeses and basil.
- Remove from heat.
- Let stand, covered, 2 to 3 min. or until mozzarella is melted.
- Serve over drained pasta.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:2.37, Inflammation Score:-2, Nutrition Score:4.209565281868%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 90.75kcal (4.54%), Fat: 3.89g (5.98%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.22g (2.26%), Sugar: 0.7g (0.78%), Cholesterol: 21.57mg (7.19%), Sodium: 87.16mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.19%), Selenium: 13.15µg (18.78%), Vitamin B3: 2.6mg

(13.02%), Vitamin B6: 0.2mg (10.25%), Phosphorus: 84.59mg (8.46%), Manganese: 0.1mg (4.8%), Vitamin B5: 0.4mg (4.02%), Potassium: 137.13mg (3.92%), Calcium: 33.81mg (3.38%), Vitamin B2: 0.06mg (3.28%), Magnesium: 12.92mg (3.23%), Vitamin K: 2.94µg (2.8%), Zinc: 0.41mg (2.71%), Vitamin A: 128.3IU (2.57%), Vitamin B12: 0.14µg (2.39%), Vitamin E: 0.33mg (2.18%), Vitamin C: 1.7mg (2.06%), Copper: 0.04mg (2.06%), Vitamin B1: 0.03mg (2.02%), Iron: 0.36mg (2%), Fiber: 0.39g (1.57%), Folate: 4.24µg (1.06%)