



Creamy Chicken Spaghetti

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 4 oz philadelphia neufchatel cheese cubed ()
- 2 Tbsp parmesan cheese grated kraft
- 2 cups classico family favorites pasta sauce traditional
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 lb pasta like spaghetti uncooked
- 2 zucchini sliced

Equipment

frying pan

Directions

- Cook spaghetti as directed on package, omitting salt.
- Meanwhile, heat dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 2 min.
- Add zucchini; cook 2 min., stirring frequently. Stir in pasta sauce. Bring just to boil, stirring occasionally. Simmer on medium-low heat 5 min. or until chicken is done.
- Add Neufchatel; cook 1 min. or until Neufchatel is completely melted and mixture is well blended, stirring occasionally.
- Drain spaghetti.
- Serve topped with chicken mixture and Parmesan.

Nutrition Facts



PROTEIN 29.86% **FAT 26.38%** **CARBS 43.76%**

Properties

Glycemic Index:4.3, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:3.7160869519348%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 67.09kcal (3.35%), Fat: 1.96g (3.02%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.72g (2.44%), Sugar: 1.44g (1.6%), Cholesterol: 12.76mg (4.25%), Sodium: 134.36mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 10.01µg (14.3%), Vitamin B3: 1.94mg (9.69%), Vitamin B6: 0.16mg (8.22%), Phosphorus: 63.04mg (6.3%), Manganese: 0.11mg (5.68%), Potassium: 163.42mg (4.67%), Vitamin C: 3.67mg (4.45%), Vitamin B5: 0.35mg (3.48%), Magnesium: 13.33mg (3.33%), Vitamin B2: 0.05mg (2.92%), Vitamin A: 136.77IU (2.74%), Copper: 0.05mg (2.66%), Fiber: 0.62g (2.47%), Vitamin E: 0.35mg (2.32%), Zinc: 0.32mg (2.13%), Vitamin K: 2.22µg (2.12%), Iron: 0.37mg (2.06%), Vitamin B1: 0.03mg (1.84%), Folate: 7.12µg (1.78%), Calcium: 14.34mg (1.43%)