



## Creamy Chicken with Bacon & Penne

READY IN



40 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices oscar mayer bacon
- 0.5 cup cherry tomatoes halved
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 0.8 cup chicken broth fat-free reduced-sodium
- 2 green onions chopped
- 2 cups penne pasta uncooked
- 1 lb chicken breasts boneless skinless

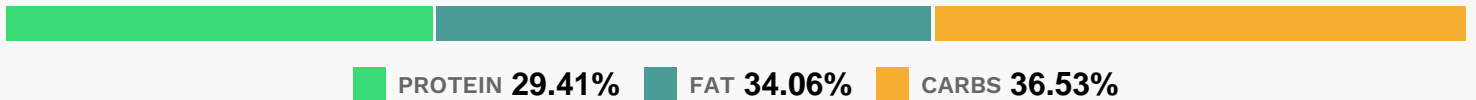
### Equipment

- frying pan
- sauce pan
- whisk

## Directions

- Wrap 1 bacon slice around each chicken breast.
- Heat large nonstick skillet on medium-high heat.
- Add chicken; cover. Cook 5 to 7 min. on each side or until chicken is done (165F).
- Remove chicken from skillet; cover to keep warm. Discard drippings in skillet.
- Cook pasta in large saucepan as directed on package. Meanwhile, cook cream cheese spread and broth in skillet until cream cheese is melted and sauce is thickened and well blended, stirring constantly with whisk. Stir in tomatoes and onions; cook 2 min. or until heated through, stirring occasionally.
- Drain pasta; return to pan.
- Add sauce; mix lightly.
- Serve topped with chicken.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:16.98, Inflammation Score:-6, Nutrition Score:20.036956522776%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 507.05kcal (25.35%), Fat: 18.77g (28.88%), Saturated Fat: 7.68g (48.01%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 43.2g (15.71%), Sugar: 3.05g (3.39%), Cholesterol: 104.69mg (34.9%), Sodium: 589.31mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.46g (72.92%), Selenium: 77.32µg (110.46%), Vitamin B3: 14.04mg (70.18%), Vitamin B6: 1.01mg (50.6%), Phosphorus: 388.25mg (38.82%), Manganese: 0.57mg (28.45%), Vitamin B5: 2.06mg (20.6%), Potassium: 658.5mg (18.81%), Magnesium: 65.24mg (16.31%), Vitamin B1: 0.2mg (13.13%), Vitamin K: 13.22µg (12.59%), Zinc: 1.77mg (11.79%), Copper: 0.23mg (11.47%), Vitamin B2: 0.18mg

(10.75%), Vitamin A: 462.62IU (9.25%), Iron: 1.52mg (8.42%), Fiber: 2.09g (8.35%), Vitamin C: 6.74mg (8.16%), Vitamin B12: 0.42µg (7.03%), Calcium: 60.7mg (6.07%), Folate: 21.35µg (5.34%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.2µg (1.34%)