



## Creamy Italian Chicken Fettuccine

READY IN



30 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups broccoli florets and pepper strips mixed fresh red
- 4 oz philadelphia cream cheese cubed ()
- 0.5 lb fettuccine barilla uncooked
- 0.8 cup italian\* five cheese blend shredded kraft
- 1 cup milk
- 2 Tbsp oil
- 3 Tbsp parmesan cheese grated kraft
- 0.8 lb chicken breasts boneless skinless cut into strips

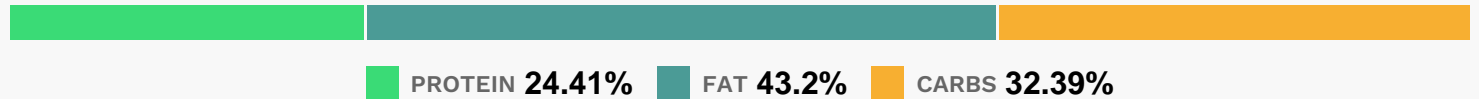
## Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding vegetables to the cooking water for the last 3 min.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken; cook and stir 8 min. or until done.
- Remove chicken from skillet; cover to keep warm.
- Add milk and cream cheese to skillet; cook on low heat 5 min. or until cream cheese is completely melted and mixture is well blended, stirring constantly. Stir in chicken and shredded cheese.
- Drain pasta mixture; place on serving plate. Top with chicken mixture and Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:4.7, Glycemic Load:2.58, Inflammation Score:-2, Nutrition Score:4.0234782721685%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 82.5kcal (4.13%), Fat: 4g (6.15%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.25g (2.27%), Sugar: 0.83g (0.92%), Cholesterol: 19.4mg (6.47%), Sodium: 46.77mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Selenium: 10.47µg (14.95%), Vitamin C: 8.25mg (10%), Vitamin K: 10.12µg (9.64%), Vitamin B3: 1.41mg (7.06%), Phosphorus: 63.47mg (6.35%), Vitamin B6: 0.12mg (6.23%), Manganese: 0.09mg (4.33%), Vitamin B5: 0.34mg (3.36%), Calcium: 31.18mg (3.12%), Potassium: 107.27mg (3.06%), Vitamin B2: 0.05mg (2.97%), Magnesium: 10.74mg (2.68%), Vitamin A: 133.05IU (2.66%), Folate: 8.75µg

(2.19%), Vitamin E: 0.32mg (2.15%), Zinc: 0.32mg (2.15%), Vitamin B1: 0.03mg (2.14%), Fiber: 0.49g (1.94%), Vitamin B12: 0.1µg (1.73%), Copper: 0.03mg (1.55%), Iron: 0.26mg (1.44%)