



Creamy Italian Chicken & Orzo Skillet

READY IN



20 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz philadelphia cream cheese spread
- 3 cups orzo pasta hot cooked
- 1.5 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.8 cup tomatoes chopped
- 1 small zucchini chopped

Equipment

frying pan

Directions

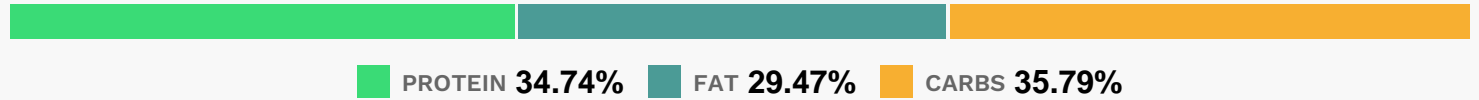
Mix cream cheese spread, milk and seasonings until blended.

Cook chicken and zucchini in large nonstick skillet on medium heat 6 to 7 min. or until chicken is done, stirring frequently.

Add cream cheese mixture and tomatoes; cook and stir 2 min. or until heated through.

Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:13.55, Inflammation Score:-6, Nutrition Score:17.216087045877%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 383.8kcal (19.19%), Fat: 12.28g (18.89%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 31.24g (11.36%), Sugar: 2.95g (3.28%), Cholesterol: 96.61mg (32.2%), Sodium: 312.81mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Selenium: 61.3µg (87.58%), Vitamin B3: 12.43mg (62.13%), Vitamin B6: 0.96mg (48.06%), Phosphorus: 313.01mg (31.3%), Manganese: 0.4mg (19.84%), Vitamin B5: 1.8mg (18.05%), Potassium: 576.71mg (16.48%), Magnesium: 53.91mg (13.48%), Vitamin A: 600.8IU (12.02%), Iron: 1.89mg (10.52%), Vitamin B2: 0.16mg (9.63%), Fiber: 2.3g (9.2%), Vitamin C: 7.45mg (9.03%), Zinc: 1.28mg (8.54%), Vitamin B1: 0.11mg (7.58%), Copper: 0.15mg (7.58%), Calcium: 74.14mg (7.41%), Folate: 19.67µg (4.92%), Vitamin B12: 0.25µg (4.23%), Vitamin K: 4.43µg (4.22%), Vitamin E: 0.46mg (3.05%), Vitamin D: 0.17µg (1.12%)