



## Creamy Lemon Chicken Pasta

READY IN



36 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 chicken bouillon cube
- 6 oz philadelphia cream cheese softened ( )
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 1 lemon zest divided
- 1 Tbsp oil
- 1 cup onions chopped
- 2 cups penne pasta uncooked
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft

1.5 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.

Meanwhile, heat oil in large skillet on medium-high heat.

Add onions and garlic; cook 1 min.

Add half the chicken; cook 2 min. or until lightly browned, stirring frequently.

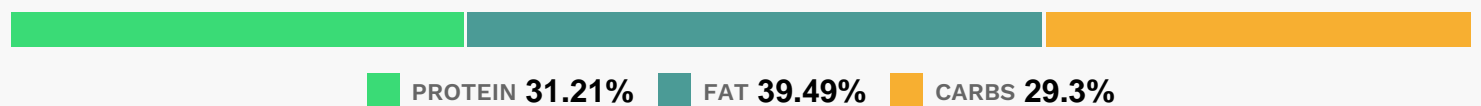
Remove from skillet; cover to keep warm. Repeat with remaining chicken; return all chicken to skillet.

Drain pasta, reserving 1/2 cup of the cooking water.

Mix reserved water with cream cheese and bouillon until blended.

Add to chicken along with the lemon zest; mix well. Cover; cook on low heat 5 min. or until chicken is done. Stir in pasta, lemon juice and parsley; cook; uncovered, 1 min. or until heated through, stirring frequently. Stir in mozzarella.

## Nutrition Facts



## Properties

Glycemic Index:30.83, Glycemic Load:12.46, Inflammation Score:-7, Nutrition Score:21.322608698969%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

## Nutrients (% of daily need)

Calories: 459.56kcal (22.98%), Fat: 19.91g (30.63%), Saturated Fat: 9.14g (57.12%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 31.37g (11.41%), Sugar: 3.58g (3.98%), Cholesterol: 116.04mg (38.68%), Sodium: 501.71mg (21.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.81%), Selenium: 66.07µg (94.39%), Vitamin B3: 12.6mg (63.01%), Vitamin B6: 0.97mg (48.72%), Vitamin K: 44.08µg (41.98%), Phosphorus: 417.36mg (41.74%), Manganese: 0.43mg (21.29%), Vitamin B5: 2.02mg (20.21%), Potassium: 615.26mg (17.58%), Vitamin B2: 0.27mg (15.79%), Magnesium: 60.33mg (15.08%), Vitamin A: 752.68IU (15.05%), Calcium: 149.29mg (14.93%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.72µg (11.95%), Vitamin C: 8.27mg (10.02%), Vitamin B1: 0.14mg (9.08%), Copper: 0.16mg (8.21%), Fiber: 1.86g (7.45%), Iron: 1.26mg (7.02%), Vitamin E: 0.97mg (6.5%), Folate: 24.38µg (6.1%), Vitamin D: 0.19µg (1.25%)