



Creamy Pasta Alfredo

READY IN



30 min.

SERVINGS



30

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz chicken broth canned
- 8 oz philadelphia cream cheese cubed
- 1 Tbsp parsley fresh finely chopped
- 1 pkg oscar mayer honey ham chopped
- 1 lb mostaccioli pasta uncooked
- 0.5 cup onion finely chopped
- 3 Tbsp parmesan cheese divided grated kraft
- 1 cup peas

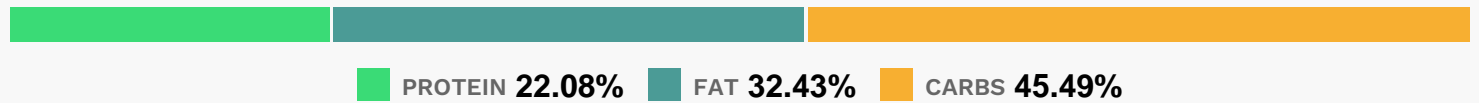
Equipment

frying pan

Directions

- Spray large skillet with cooking spray.
- Add onion; cook 5 min. on medium-high heat until tender.
- Add cream cheese and broth to skillet. Bring to boil, stirring to mix ingredients.
- Add peas, ham and 2 Tbsp. of the Parmesan cheese. Keep warm.
- Meanwhile, cook mostaccioli as directed on package; drain.
- Toss hot mostaccioli with cream cheese mixture.
- Sprinkle with remaining 1 Tbsp. Parmesan cheese and parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.74, Glycemic Load:4.89, Inflammation Score:-2, Nutrition Score:3.5739129723414%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 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: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 114.24kcal (5.71%), Fat: 4.07g (6.26%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.03g (4.38%), Sugar: 1.08g (1.2%), Cholesterol: 14.71mg (4.9%), Sodium: 97.98mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Selenium: 12.92µg (18.46%), Manganese: 0.16mg (8.17%), Phosphorus: 66.22mg (6.62%), Zinc: 0.67mg (4.47%), Vitamin K: 3.77µg (3.59%), Vitamin A: 176.97IU (3.54%), Vitamin B3: 0.69mg (3.45%), Magnesium: 13.31mg (3.33%), Fiber: 0.81g (3.24%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (3.08%), Vitamin B2: 0.05mg (2.87%), Vitamin C: 2.3mg (2.79%), Vitamin B12: 0.16µg (2.6%), Iron: 0.46mg (2.58%), Potassium: 81.34mg (2.32%), Vitamin B1: 0.03mg (1.99%), Folate: 7.54µg (1.88%), Calcium: 18.78mg

(1.88%), Vitamin B5: 0.12mg (1.19%)