



Creamy Pasta Primavera

READY IN



30 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cut-up asparagus spears fresh (1-inch lengths)
- ☐ 1 cup chicken broth fat-free reduced-sodium
- ☐ 2 tablespoons 2 tablespoons kraft lite zesty italian dressing italian kraft
- ☐ 4 ounces philadelphia neufchatel cheese cubed ()
- ☐ 1 cup parmesan cheese grated kraft
- ☐ 3 cups penne pasta uncooked
- ☐ 1 bell pepper red chopped
- ☐ 1.5 pounds chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 2 zucchini cut into bite-size pieces

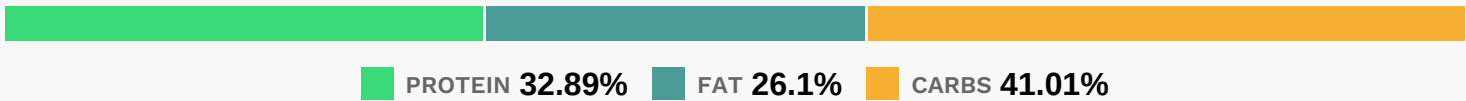
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ COOK pasta in large saucepan as directed on package, omitting salt.
- ☐ MEANWHILE, heat dressing in large skillet on medium heat.
- ☐ Add chicken and vegetables; cook 10 to 12 min. or until chicken is done, stirring frequently.
- ☐ Add broth and Neufchatel; cook 1 min. or until Neufchatel is melted, stirring constantly. Stir in Parmesan.
- ☐ DRAIN pasta; return to pan.
- ☐ Add chicken mixture; mix lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:17.72, Inflammation Score:-8, Nutrition Score:27.741304045138%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 491.62kcal (24.58%), Fat: 14.12g (21.72%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 46.32g (16.84%), Sugar: 5.77g (6.41%), Cholesterol: 101.06mg (33.69%), Sodium: 697.48mg (30.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.04%), Selenium: 80.08µg (114.41%), Vitamin B3: 13.87mg (69.35%), Vitamin B6: 1.15mg (57.67%), Phosphorus: 528.46mg (52.85%), Vitamin C: 40.34mg (48.89%), Manganese: 0.75mg (37.27%), Vitamin A: 1343.72IU (26.87%), Potassium: 899.71mg (25.71%), Vitamin B5: 2.35mg (23.55%), Magnesium: 86.46mg (21.62%), Vitamin B2: 0.37mg (21.61%), Calcium: 208.93mg (20.89%), Vitamin K: 21.22µg (20.21%), Zinc: 2.78mg (18.52%), Copper: 0.31mg (15.72%), Folate: 60.91µg (15.23%), Vitamin B1:

0.22mg (14.9%), Fiber: 3.57g (14.29%), Iron: 2.36mg (13.11%), Vitamin B12: 0.58µg (9.74%), Vitamin E: 1.31mg (8.74%),
Vitamin D: 0.2µg (1.31%)