



Creamy Pasta Primavera

READY IN



30 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cut-up asparagus spears fresh (1-inch lengths)
- 1 cup chicken broth fat-free reduced-sodium
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 4 oz philadelphia neufchatel cheese cubed ()
- 0.3 cup parmesan cheese grated kraft
- 3 cups penne pasta uncooked
- 1 bell pepper red chopped
- 1.5 lb chicken breasts boneless skinless cut into bite-size 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 completely melted and sauce is well blended, 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:4.93, Glycemic Load:3.54, Inflammation Score:-3, Nutrition Score:5.3126086333524%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 87.91kcal (4.4%), Fat: 2.13g (3.28%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.96g (3.26%), Sugar: 1.16g (1.29%), Cholesterol: 18.04mg (6.01%), Sodium: 96.21mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Selenium: 15.14µg (21.63%), Vitamin B3: 2.77mg (13.86%), Vitamin B6: 0.23mg (11.43%), Vitamin C: 8.07mg (9.78%), Phosphorus: 89.85mg (8.98%), Manganese: 0.15mg (7.35%), Potassium: 175.38mg (5.01%), Vitamin A: 247.14IU (4.94%), Vitamin B5: 0.46mg (4.63%), Magnesium: 16.42mg (4.1%), Vitamin K: 4.23µg (4.03%), Vitamin B2: 0.06mg (3.81%), Copper: 0.06mg (3.09%), Folate: 12.03µg (3.01%), Zinc: 0.45mg (2.98%), Vitamin B1: 0.04mg (2.94%), Fiber: 0.71g (2.86%), Iron: 0.46mg

(2.56%), Calcium: 19.69mg (1.97%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.08µg (1.38%)