



Creamy Poblano Bow Ties With Salmon

READY IN



25 min.

SERVINGS



25

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup chicken broth
- 4 oz philadelphia cream cheese softened ()
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 3 roasted poblano chiles deveined peeled seeded sliced
- 1 lb salmon fillet skinless cut into 1-inch pieces

Equipment

- frying pan

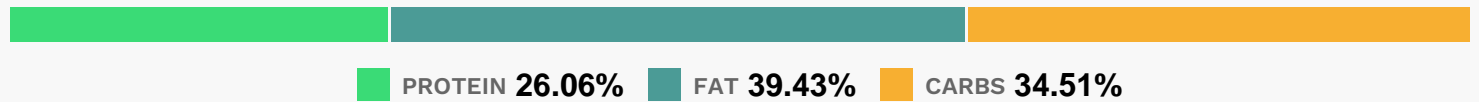
sauce pan

blender

Directions

- Cook pasta as directed on package; omitting salt; drain. Return to saucepan.
- Heat dressing in medium skillet on medium-high heat.
- Add fish; cook 6 min. or until fish flakes easily with fork, stirring occasionally.
- Meanwhile, blend broth, chiles and cream cheese in blender until smooth.
- Add to pasta; stir. Cook on medium heat 3 to 5 min. or until heated through, stirring occasionally.
- Serve fish over pasta.

Nutrition Facts



Properties

Glycemic Index:3.16, Glycemic Load:2.27, Inflammation Score:-2, Nutrition Score:4.6147826288057%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 77.13kcal (3.86%), Fat: 3.35g (5.15%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.12g (2.23%), Sugar: 0.98g (1.09%), Cholesterol: 14.65mg (4.88%), Sodium: 63.86mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Selenium: 11.63µg (16.61%), Vitamin C: 11.49mg (13.93%), Vitamin B12: 0.59µg (9.8%), Vitamin B6: 0.19mg (9.73%), Vitamin B3: 1.63mg (8.17%), Phosphorus: 58.15mg (5.81%), Vitamin B2: 0.09mg (5.32%), Manganese: 0.09mg (4.49%), Potassium: 138.76mg (3.96%), Copper: 0.08mg (3.88%), Vitamin B1: 0.06mg (3.87%), Vitamin B5: 0.37mg (3.73%), Magnesium: 11.08mg (2.77%), Vitamin A: 121.95IU (2.44%), Vitamin K: 2.48µg (2.36%), Folate: 7.67µg (1.92%), Fiber: 0.47g (1.89%), Zinc: 0.26mg (1.76%), Iron: 0.3mg (1.68%), Vitamin E: 0.15mg (1.02%)