



Creamy Pomodoro Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 270 g philadelphia tomato basil cooking creme cream cheese product
- 220 grams fettuccine barilla uncooked
- 1 tablespoon oil
- 2 tablespoons parmesan cheese 100% grated kraft
- 1 pound chicken breasts boneless skinless cut into strips

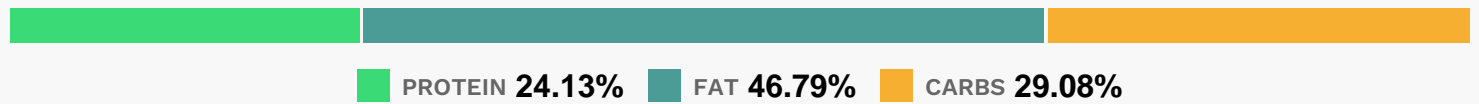
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 2 min. Stir in broccoli; cook and stir 3 to 5 min. or until chicken is done.
- Add Cooking Creme; cook and stir 2 to 3 min. or until heated through.
- Drain pasta, reserving 1/3 cup cooking water. Gradually add reserved water to sauce mixture until desired consistency is reached.
- Add pasta; mix lightly. Top with Parmesan.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:12.04, Inflammation Score:-7, Nutrition Score:19.052608904631%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 421.96kcal (21.1%), Fat: 21.94g (33.76%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 28.69g (10.43%), Sugar: 2.91g (3.23%), Cholesterol: 125.77mg (41.92%), Sodium: 273.4mg (11.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Selenium: 58.09µg (82.98%), Vitamin B3: 8.89mg (44.47%), Vitamin B6: 0.73mg (36.26%), Vitamin C: 27.96mg (33.9%), Phosphorus: 326.86mg (32.69%), Vitamin K: 33.91µg (32.3%), Manganese: 0.39mg (19.69%), Vitamin B5: 1.85mg (18.5%), Vitamin A: 851.76IU (17.04%), Potassium: 525.97mg (15.03%), Vitamin B2: 0.25mg (14.89%), Magnesium: 52.08mg (13.02%), Zinc: 1.54mg (10.25%), Vitamin B1: 0.14mg (9.55%), Calcium: 94.25mg (9.43%), Folate: 36.93µg (9.23%), Vitamin E: 1.31mg (8.77%), Fiber: 2g (7.99%), Copper: 0.15mg (7.64%), Iron: 1.26mg (7.01%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.19µg (1.29%)