



Creamy Tomato and Chicken Spaghetti

READY IN



25 min.

SERVINGS



25

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 0.5 cup philadelphia cream cheese spread ()
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 2 cups stir-fry vegetables frozen
- 1 lb chicken breasts boneless skinless cut into strips
- 0.5 lb pasta like spaghetti uncooked

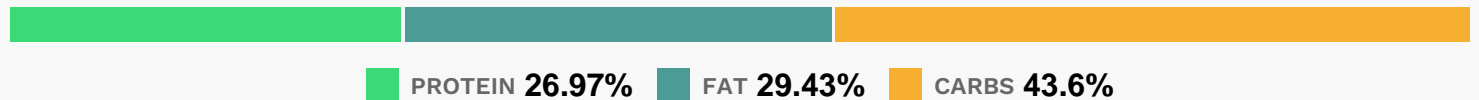
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook spaghetti in large saucepan as directed on package, adding stir-fry vegetables to the boiling water for the last 3 min.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 min., stirring occasionally. Stir in tomatoes and dressing; bring to boil. Simmer on medium heat 4 min., stirring occasionally.
- Add cream cheese spread; cook and stir until cream cheese is completely melted and mixture is well blended.
- Drain spaghetti mixture; place in large bowl.
- Add chicken mixture; toss to coat.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:3.48, Glycemic Load:3.34, Inflammation Score:-5, Nutrition Score:4.8704347701176%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 92.51kcal (4.63%), Fat: 3.02g (4.65%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.04g (3.29%), Sugar: 1.03g (1.14%), Cholesterol: 15.3mg (5.1%), Sodium: 113.85mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.47%), Selenium: 12.01µg (17.16%), Vitamin A: 816.66IU (16.33%), Vitamin B3: 2.35mg (11.75%), Vitamin B6: 0.18mg (9.17%), Phosphorus: 73.65mg (7.37%), Manganese: 0.14mg (6.78%), Potassium: 152.96mg (4.37%), Fiber: 1.04g (4.15%), Vitamin C: 3.27mg (3.96%), Magnesium: 15.3mg

(3.82%), Vitamin B5: 0.34mg (3.44%), Vitamin B1: 0.05mg (3.05%), Vitamin B2: 0.05mg (2.85%), Copper: 0.06mg (2.84%), Iron: 0.49mg (2.74%), Calcium: 26.14mg (2.61%), Zinc: 0.37mg (2.44%), Vitamin K: 2.25µg (2.15%), Vitamin E: 0.31mg (2.07%), Folate: 7.96µg (1.99%)