



Hunts® Lemon Tomato Chicken Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cream cheese spread soft
- ☐ 0.8 ounce basil fresh coarsely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest shredded
- ☐ 1 tablespoon olive oil
- ☐ 14.5 ounce hunt's® petite tomatoes diced undrained canned
- ☐ 8 ounces rotini pasta dry uncooked
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces

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8 ounce hunt's® tomato sauce canned

Equipment

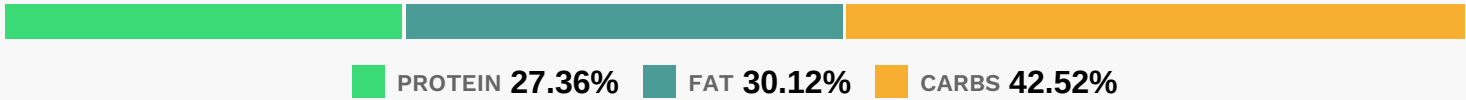
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frying pan

Directions

- ☐
- Cook pasta according to package directions, omitting salt. Meanwhile, heat oil in large nonstick skillet over medium heat.
- ☐
- Add chicken and garlic; cook 4 minutes or until chicken is no longer pink, stirring occasionally.
- ☐
- Remove from skillet; keep warm.
- ☐
- Stir together undrained tomatoes, tomato sauce and lemon juice in same skillet; bring to a boil.
- ☐
- Add cream cheese; stir until cream cheese is melted completely. Simmer 2 to 3 minutes to thicken slightly.
- ☐
- Drain pasta.
- ☐
- Add to sauce in skillet; stir to coat. Stir in chicken, basil and lemon peel.
- ☐
- Sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:13.85, Inflammation Score:-7, Nutrition Score:18.635217438573%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 348.44kcal (17.42%), Fat: 11.72g (18.03%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 34.03g (12.37%), Sugar: 6.24g (6.93%), Cholesterol: 67.49mg (22.5%), Sodium: 419.46mg

(18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.89%), Selenium: 50.57µg (72.25%), Vitamin B3: 9.8mg (49.02%), Vitamin B6: 0.8mg (39.84%), Manganese: 0.59mg (29.61%), Phosphorus: 287.26mg (28.73%), Potassium: 723.76mg (20.68%), Vitamin K: 21.41µg (20.39%), Vitamin B5: 1.68mg (16.78%), Copper: 0.32mg (16.05%), Magnesium: 63.72mg (15.93%), Vitamin C: 13mg (15.76%), Vitamin A: 775.11IU (15.5%), Vitamin E: 2.12mg (14.15%), Fiber: 3.19g (12.76%), Iron: 2.2mg (12.23%), Vitamin B2: 0.21mg (12.18%), Vitamin B1: 0.15mg (10.18%), Zinc: 1.38mg (9.22%), Folate: 27.3µg (6.83%), Calcium: 68.08mg (6.81%), Vitamin B12: 0.19µg (3.21%)