



Laura's Unbelievable Chicken and Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 cherry tomatoes halved
- 14.5 ounce chicken broth canned
- 8 ounce cream cheese cold cubed
- 10 ounce pkt spinach frozen thawed drained
- 16 ounce penne pasta dry
- 24 ounce chicken breast halves boneless skinless cut into 1 inch strips

Equipment

- bowl

frying pan

pot

Directions

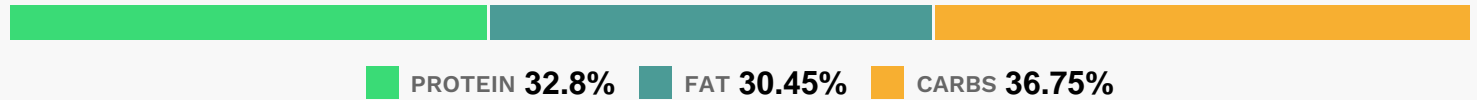
Bring large pot of water to a boil, and stir in penne pasta.

Meanwhile, in a large skillet over medium heat, cook chicken cubes in broth; simmering until done, about 10 minutes. Stir in cubed cream cheese and spinach. Return to simmer, and cook about 5 minutes, stirring occasionally. Stir in cherry tomatoes, and cook about 3 minutes more.

In a large bowl, mix together cooked, drained pasta and sauce.

Let stand a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:23.26, Inflammation Score:-10, Nutrition Score:36.047391601231%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 687.59kcal (34.38%), Fat: 22.93g (35.28%), Saturated Fat: 10.05g (62.83%), Carbohydrates: 62.28g (20.76%), Net Carbohydrates: 58.29g (21.2%), Sugar: 4.45g (4.95%), Cholesterol: 145.01mg (48.34%), Sodium: 623.07mg (27.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.57g (111.15%), Vitamin K: 179.23µg (170.7%), Selenium: 102.9µg (147%), Vitamin A: 6341.92IU (126.84%), Vitamin B3: 15.18mg (75.91%), Vitamin B6: 1.21mg (60.58%), Phosphorus: 557.37mg (55.74%), Manganese: 1.08mg (53.84%), Magnesium: 123.96mg (30.99%), Potassium: 968.12mg (27.66%), Zinc: 3.93mg (26.2%), Vitamin B2: 0.43mg (25.08%), Folate: 95.11µg (23.78%), Vitamin B5: 2.24mg (22.38%), Iron: 3.42mg (19%), Copper: 0.38mg (18.97%), Vitamin B12: 1µg (16.58%), Fiber: 3.99g (15.95%), Vitamin E: 2.37mg (15.81%), Vitamin B1: 0.2mg (13.59%), Calcium: 131.87mg (13.19%), Vitamin C: 10.42mg (12.63%), Vitamin D: 0.18µg (1.21%)