



Mexican Bow-tie Pasta with Chicken

READY IN



25 min.

SERVINGS



6

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bow-tie pasta uncooked
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 8 ounce cream cheese cut into 1/2-inch cubes
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic crushed
- ☐ 0.5 cup milk
- ☐ 1 cup salsa
- ☐ 1.5 pounds chicken thighs boneless skinless

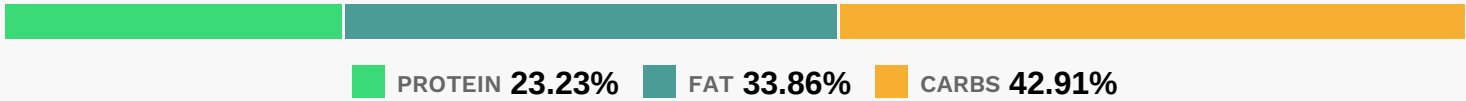
Equipment

☐ frying pan

Directions

- ☐ Cook pasta in boiling salted water according to package directions.
- ☐ Drain and set aside.
- ☐ Meanwhile, cut chicken into bite-size pieces. Melt butter in a large skillet over medium heat.
- ☐ Add chicken; cook, stirring, 4 to 5 minutes.
- ☐ Add garlic and continue to cook until chicken is just cooked through. Stir in flour; slowly pour in milk and broth, stirring constantly.
- ☐ Add salsa and cream cheese and stir until sauce is hot and bubbling and cream cheese is melted and smooth.
- ☐ Add drained pasta to skillet; stir until pasta is coated with sauce and everything is well combined.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:26.59, Inflammation Score:-7, Nutrition Score:21.83173930645%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 628.74kcal (31.44%), Fat: 23.46g (36.09%), Saturated Fat: 11.81g (73.83%), Carbohydrates: 66.89g (22.3%), Net Carbohydrates: 63.53g (23.1%), Sugar: 6.26g (6.96%), Cholesterol: 159.16mg (53.05%), Sodium: 691.73mg (30.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.41%), Selenium: 79.54µg (113.63%), Phosphorus: 439.63mg (43.96%), Vitamin B3: 8.56mg (42.81%), Manganese: 0.84mg (41.78%), Vitamin B6: 0.74mg (36.83%), Vitamin B2: 0.43mg (25.09%), Zinc: 3.23mg (21.52%), Vitamin B5: 2.1mg (21.03%), Magnesium: 80.37mg (20.09%), Potassium: 656.36mg (18.75%), Vitamin A: 893.29IU (17.87%), Vitamin B1: 0.26mg (17.11%), Copper:

0.33mg (16.68%), Vitamin B12: 0.93µg (15.57%), Fiber: 3.36g (13.44%), Iron: 2.4mg (13.34%), Calcium: 105.17mg (10.52%), Vitamin E: 1.28mg (8.53%), Folate: 32.98µg (8.25%), Vitamin K: 6.4µg (6.09%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.14mg (1.38%)