



Pasta with Creamy Sauce

READY IN



25 min.

SERVINGS



25

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp butter
- 0.1 tsp pepper red crushed
- 6 slices oscar mayer deli ham smoked fresh chopped
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 1 clove garlic minced
- 8 oz philadelphia neufchatel cheese cubed softened
- 1 small onion chopped
- 0.5 cup parmesan cheese divided grated kraft
- 1 cup peas frozen

1 lb penne pasta uncooked

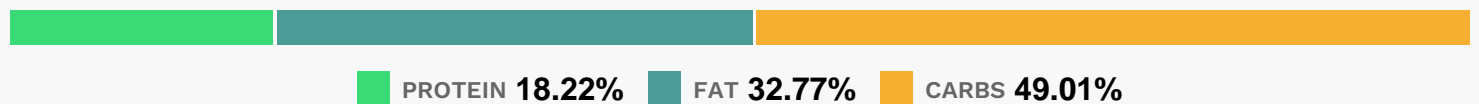
Equipment

- bowl
- sauce pan
- whisk

Directions

- Melt butter in medium saucepan on medium heat.
- Add onions and garlic; cook and stir 3 to 5 min. or until fragrant.
- Add broth and crushed pepper; bring to boil.
- Whisk in Neufchatel; cook and stir on low heat until Neufchatel is melted and sauce is well blended.
- Cook pasta as directed on package just until al dente. Meanwhile, stir peas and 1/3 cup Parmesan cheese into sauce; cook 2 to 3 min. or until slightly thickened.
- Drain pasta.
- Place in large serving bowl.
- Add sauce; toss to coat. Top with ham and remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:5.83, Inflammation Score:-2, Nutrition Score:4.1626086753348%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 125.77kcal (6.29%), Fat: 4.54g (6.99%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.32g (5.21%), Sugar: 1.25g (1.39%), Cholesterol: 13.84mg (4.61%), Sodium: 217.64mg (9.46%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Selenium: 14.47µg (20.67%), Manganese: 0.2mg (10.07%), Phosphorus: 83.11mg (8.31%), Vitamin B1: 0.08mg (5.16%), Zinc: 0.65mg (4.37%), Vitamin B3: 0.85mg (4.24%), Fiber: 0.96g (3.86%), Copper: 0.08mg (3.81%), Magnesium: 14.91mg (3.73%), Vitamin B6: 0.07mg (3.69%), Calcium: 35.71mg (3.57%), Vitamin B2: 0.06mg (3.47%), Vitamin C: 2.56mg (3.11%), Vitamin A: 155.19IU (3.1%), Potassium: 101.13mg (2.89%), Iron: 0.43mg (2.41%), Folate: 9.35µg (2.34%), Vitamin B12: 0.13µg (2.18%), Vitamin B5: 0.2mg (1.98%), Vitamin K: 1.71µg (1.63%)