



PHILADELPHIA Creamy Pasta Primavera

READY IN



30 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups asparagus fresh cut (1 inch pieces)
- 0.5 cup philadelphia cream cheese spread light
- 2 tablespoons 2 tablespoons kraft calorie-wise zesty italian dressing italian kraft
- 1 cup 5%-less-sodium chicken broth
- 0.3 cup parmesan cheese light 100% grated kraft
- 4 cups penne pasta uncooked
- 1 bell pepper red chopped
- 675 grams chicken breasts boneless skinless cut into 1-inch chunks
- 2 zucchini cut into chunks

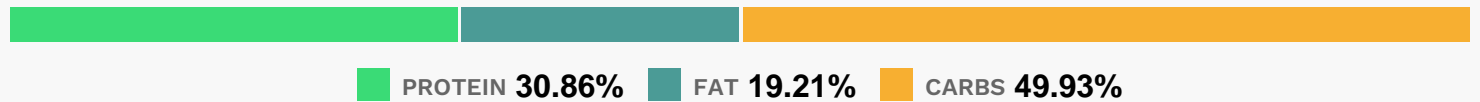
Equipment

- frying pan
- pot

Directions

- Cook pasta as directed on package.
- Meanwhile, heat dressing in large skillet on medium heat.
- Add chicken and vegetables; cook 10 to 12 min. or until chicken is cooked through, stirring frequently.
- Add broth and cream cheese spread; cook 2 min. or until cream cheese is melted, stirring constantly.
- Add Parmesan cheese; mix well.
- Drain pasta; return to pot.
- Add chicken and vegetable mixture; toss lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:23.2, Inflammation Score:-8, Nutrition Score:27.15739155334%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 510.2kcal (25.51%), Fat: 10.75g (16.54%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 58.7g (21.35%), Sugar: 6.27g (6.97%), Cholesterol: 86.56mg (28.85%), Sodium: 354.35mg (15.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.86g (77.71%), Selenium: 85.35µg (121.93%), Vitamin B3: 14.38mg (71.91%), Vitamin B6: 1.15mg (57.73%), Vitamin C: 40.33mg (48.88%), Phosphorus: 466.82mg (46.68%), Manganese: 0.9mg (44.88%), Potassium: 905.12mg (25.86%), Vitamin A: 1252.59IU (25.05%), Magnesium: 90.29mg

(22.57%), Vitamin B5: 2.23mg (22.33%), Vitamin K: 20.7µg (19.72%), Copper: 0.37mg (18.54%), Vitamin B2: 0.31mg (18.16%), Fiber: 4.17g (16.69%), Zinc: 2.31mg (15.38%), Vitamin B1: 0.23mg (15.34%), Folate: 60.51µg (15.13%), Iron: 2.56mg (14.24%), Calcium: 115.47mg (11.55%), Vitamin E: 1.18mg (7.85%), Vitamin B12: 0.31µg (5.24%)