



PHILLY Chicken Alfredo Pesto Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 300 grams angel hair pasta uncooked
- 125 grams philadelphia cream cheese spread
- 2 cups milk
- 2 teaspoons oil
- 0.3 cup parmesan cheese 100% grated kraft
- 2 tablespoons pesto
- 1 large bell pepper red cut into strips
- 450 grams chicken breasts boneless skinless cut into bite-size pieces

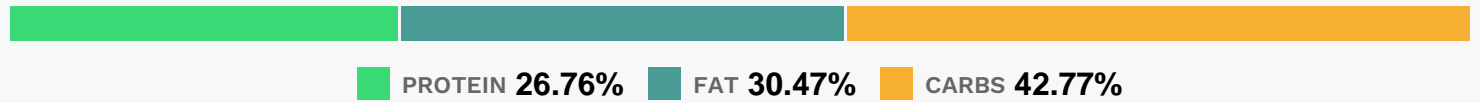
Equipment

frying pan

Directions

- Cook pasta as directed on package. Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add chicken; cook and stir 7 min. or until cooked through.
- Stir in milk and cream cheese spread; cook 3 min. or until cream cheese spread is completely melted and mixture is well blended.
- Add peppers, Parmesan cheese and pesto; stir. Cook 3 min. or until heated through, stirring occasionally.
- Drain pasta.
- Add to cream cheese mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:25.19, Inflammation Score:-9, Nutrition Score:28.860869780831%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 640.88kcal (32.04%), Fat: 21.37g (32.88%), Saturated Fat: 9.09g (56.8%), Carbohydrates: 67.48g (22.49%), Net Carbohydrates: 64.1g (23.31%), Sugar: 10.81g (12.01%), Cholesterol: 112.05mg (37.35%), Sodium: 507.5mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.22g (84.44%), Selenium: 87.95µg (125.64%), Vitamin B3: 13.54mg (67.72%), Vitamin C: 53.83mg (65.25%), Vitamin B6: 1.15mg (57.4%), Phosphorus: 551.51mg (55.15%), Vitamin A: 2017.24IU (40.34%), Manganese: 0.76mg (38.04%), Calcium: 279.13mg (27.91%), Vitamin B5: 2.53mg (25.32%), Potassium: 864.51mg (24.7%), Magnesium: 90.75mg (22.69%), Vitamin B2: 0.38mg (22.49%), Zinc: 2.58mg (17.22%), Vitamin B12: 0.97µg (16.14%), Vitamin B1: 0.23mg (15.44%), Fiber: 3.38g (13.52%), Copper: 0.26mg (12.89%), Vitamin D: 1.49µg (9.9%), Folate: 37.24µg (9.31%), Vitamin E: 1.39mg (9.25%), Iron: 1.64mg

(9.11%), Vitamin K: 4.21µg (4.01%)