



## Quick & Easy Chicken Tetrazzini

READY IN



30 min.

SERVINGS



30

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp butter
- 8 oz philadelphia cream cheese spread
- 8 oz mushrooms fresh sliced
- 1 tsp garlic powder
- 2 Tbsp milk
- 0.3 cup parmesan cheese divided grated kraft
- 1 cup peas frozen
- 0.5 tsp pepper
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

0.5 lb pasta like spaghetti uncooked

## Equipment

frying pan

sauce pan

## Directions

Mix cream cheese spread, milk and garlic powder until blended. Cook spaghetti in large saucepan as directed on package, omitting salt.

Meanwhile, melt butter in large deep skillet on medium heat.

Add chicken and pepper; cook and stir 4 min. or just until chicken is no longer pink.

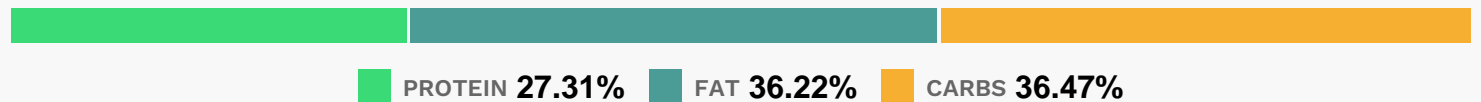
Add mushrooms; cook and stir 5 min.

Add cream cheese mixture and peas; cook and stir 5 min. or until heated through.

Drain spaghetti.

Add to chicken mixture in skillet with 3 Tbsp. Parmesan; toss to coat. Top with remaining Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:8.11, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:3.5591304211513%

## Nutrients (% of daily need)

Calories: 80.93kcal (4.05%), Fat: 3.22g (4.96%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.69g (2.43%), Sugar: 0.91g (1.01%), Cholesterol: 17.24mg (5.75%), Sodium: 74.81mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Selenium: 10.75µg (15.36%), Vitamin B3: 2.08mg (10.41%), Vitamin B6: 0.14mg (7.16%), Phosphorus: 64.76mg (6.48%), Manganese: 0.1mg (5.05%), Vitamin B5: 0.38mg (3.75%), Vitamin B2: 0.06mg (3.6%), Potassium: 113.57mg (3.24%), Copper: 0.06mg (2.99%), Vitamin A: 146IU (2.92%), Vitamin C: 2.27mg (2.76%), Magnesium: 10.78mg (2.7%), Vitamin B1: 0.04mg (2.45%), Fiber: 0.61g (2.44%), Zinc: 0.34mg (2.25%), Calcium: 21.9mg (2.19%), Folate: 6.53µg (1.63%), Iron: 0.28mg (1.53%), Vitamin K: 1.37µg (1.31%)