



Spinach and Bacon Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves fresh (4 cups)
- 8 slices oscar mayer bacon crumbled cooked
- 1 pt cherry tomatoes halved
- 1 cup italian* five cheese blend shredded divided kraft finely
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 1 lb chicken breasts boneless skinless chopped
- 1 lb wide egg noodles uncooked

Equipment

frying pan

Directions

Cook noodles as directed on package.

Drain, reserving 1/2 cup of the cooking water.

Meanwhile, heat dressing in large skillet on medium heat.

Add chicken; cook and stir 5 to 7 min. or until cooked through.

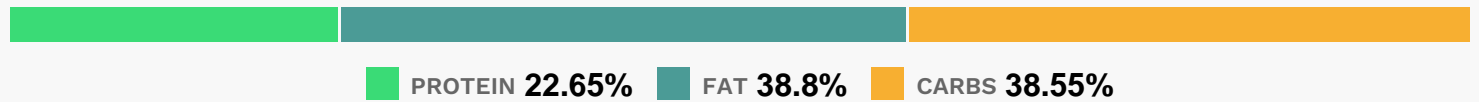
Add tomatoes; cook 1 min., stirring occasionally. Stir in noodles and reserved 1/2 cup cooking water.

Remove from heat.

Add spinach, 1/2 cup of the cheese and the bacon; toss lightly to combine.

Sprinkle with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:5.46, Inflammation Score:-6, Nutrition Score:8.3734783063764%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 155.99kcal (7.8%), Fat: 6.72g (10.35%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.16g (5.15%), Sugar: 1.6g (1.78%), Cholesterol: 32.4mg (10.8%), Sodium: 157.44mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.67%), Vitamin K: 37.47µg (35.68%), Selenium: 21.82µg (31.17%), Vitamin A: 752.39IU (15.05%), Vitamin B3: 2.72mg (13.58%), Manganese: 0.24mg (12.09%), Vitamin B6: 0.23mg (11.33%), Phosphorus: 101.66mg (10.17%), Vitamin C: 6.47mg (7.85%), Potassium: 210.49mg (6.01%), Magnesium: 23.52mg (5.88%), Folate: 21.65µg (5.41%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.49mg (4.92%), Copper: 0.09mg (4.31%), Iron: 0.77mg (4.29%), Zinc: 0.6mg (4.03%), Vitamin E: 0.53mg (3.54%), Fiber: 0.88g (3.52%), Vitamin B2: 0.06mg (3.36%), Calcium: 26.3mg (2.63%), Vitamin B12: 0.12µg (2.07%)