



Spinach and Bacon Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves fresh
- 8 slices oscar mayer bacon crumbled cooked
- 2 cups cherry tomatoes halved
- 0.8 cup 3/4 cup kraft lite zesty italian dressing italian kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 16 oz wide egg noodles

Equipment

frying pan

Directions

- Cook noodles as directed on package, omitting salt.
- Meanwhile, heat dressing in large skillet on medium heat.
- Add chicken; cook and stir 5 to 7 min. or until done.
- Add tomatoes; cook 1 min., stirring occasionally.
- Drain noodles, reserving 1/2 cup of the cooking water.
- Add noodles and reserved cooking water to chicken mixture in skillet; stir.
- Remove from heat.
- Add spinach, 1/2 cup cheese and bacon; mix lightly.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:5.46, Inflammation Score:-6, Nutrition Score:8.5100000111953%

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: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 151.72kcal (7.59%), Fat: 6.31g (9.71%), Saturated Fat: 1.92g (12%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.89g (5.05%), Sugar: 1.48g (1.64%), Cholesterol: 34.37mg (11.46%), Sodium: 175.89mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.47%), Vitamin K: 37.34µg (35.56%), Selenium: 22.43µg (32.05%), Vitamin A: 739.67IU (14.79%), Vitamin B3: 2.68mg (13.42%), Phosphorus: 120.44mg (12.04%), Manganese: 0.23mg (11.74%), Vitamin B6: 0.22mg (11.21%), Magnesium: 23.92mg (5.98%), Vitamin C: 4.88mg (5.91%), Potassium: 198.98mg (5.69%), Folate: 21.14µg (5.28%), Calcium: 51.61mg (5.16%), Vitamin B1: 0.07mg (4.91%), Vitamin B5: 0.49mg (4.86%), Zinc: 0.72mg (4.79%), Copper: 0.08mg (4.1%), Iron: 0.73mg (4.08%), Vitamin B2: 0.07mg (4.07%), Fiber: 0.83g (3.33%), Vitamin E: 0.5mg (3.32%), Vitamin B12: 0.16µg (2.68%)