



Three-Cheese Chicken & Pasta Skillet

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cloves garlic minced
- 3 singles quartered kraft
- 1 Tbsp oil
- 0.5 cup peppers and onions green chopped
- 0.5 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 cups rotini pasta uncooked
- 3 cups meat from a rotisserie chicken shredded cooked

0.5 cup mozzarella cheese shredded kraft


Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large skillet on medium heat.
- Add vegetables and garlic; cook and stir 3 min. or until vegetables are crisp-tender. Stir in chicken, sauce and oregano; bring to boil, stirring frequently.
- Remove from heat.
- Drain pasta.
- Add to sauce with Singles; stir. Top with mozzarella and Parmesan; cover.
- Let stand 5 min. or until mozzarella is melted.

Nutrition Facts

 **PROTEIN 34.47%**  **FAT 34.34%**  **CARBS 31.19%**

Properties

Glycemic Index:6.36, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:3.6695652153829%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.08kcal (3.55%), Fat: 2.71g (4.17%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.9g (1.78%), Sugar: 1.21g (1.34%), Cholesterol: 15.55mg (5.18%), Sodium: 180.99mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Selenium: 8.23µg (11.76%), Vitamin B3: 1.7mg (8.49%), Phosphorus: 67.37mg (6.74%), Vitamin B6: 0.12mg (5.79%), Vitamin C: 4.41mg (5.35%), Manganese: 0.09mg (4.46%), Potassium: 141.56mg (4.04%), Vitamin E: 0.52mg (3.49%), Zinc: 0.52mg (3.45%), Vitamin B2: 0.06mg (3.41%), Vitamin A: 165.68IU (3.31%), Calcium: 32.31mg (3.23%), Iron: 0.57mg (3.18%), Copper: 0.06mg (2.94%), Magnesium: 11.55mg (2.89%), Vitamin B5: 0.28mg (2.81%), Fiber: 0.64g (2.54%), Vitamin B12: 0.12µg (1.96%),

Vitamin B1: 0.02mg (1.65%), Vitamin K: 1.69µg (1.61%), Folate: 4.78µg (1.2%)