

**55%**  
HEALTH SCORE

## Three-Cheese Chicken Penne Pasta Bake

READY IN

**43 min.**

SERVINGS

**4**

CALORIES

**394 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 14 oz canned tomatoes diced drained canned
- ☐ 1 teaspoon basil leaves dried
- ☐ 1.5 cups multi-grain penne pasta uncooked
- ☐ 2 ounces philadelphia neufchatel cheese cubed ()
- ☐ 2 tablespoons parmesan cheese grated kraft
- ☐ 1 cup milk mozzarella cheese shredded 2% divided kraft
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces
- ☐ 14 oz spaghetti sauce
- ☐ 9 oz spinach leaves fresh

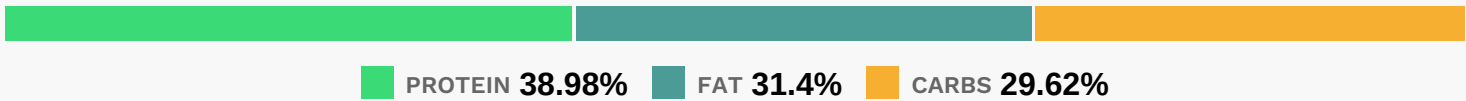
# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

# Directions

- ☐ HEAT oven to 375F.
- ☐ COOK pasta in large saucepan as directed on package, omitting salt and adding spinach to the boiling water for the last minute.
- ☐ MEANWHILE, cook and stir chicken and basil in large nonstick skillet sprayed with cooking spray on medium-high heat 3 min. Stir in tomatoes and spaghetti sauce; bring to boil. Simmer on low heat 3 min. or until chicken is done. Stir in Neufchatel.
- ☐ DRAIN pasta mixture; return to pan. Stir in chicken mixture and 1/2 cup mozzarella; pour into 2-qt. casserole sprayed with cooking spray.
- ☐ BAKE 20 min. or until heated through; top with remaining cheeses.
- ☐ Bake 3 min. or until mozzarella is melted.
- ☐ Kraft Kitchens Tips
- ☐ Serving Suggestion
- ☐ Serve with CRYSTAL LIGHT Iced Tea.Substitute
- ☐ If watching sodium, prepare using no-salt-added diced tomatoes and 1-1/2 cups of your favorite lower-sodium spaghetti sauce.
- ☐ Substitute
- ☐ Substitute an 8-inch square baking dish for the 2-qt. casserole.

# Nutrition Facts



# Properties

Glycemic Index:32.75, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:40.982608582663%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 393.9kcal (19.69%), Fat: 14.12g (21.73%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 26.01g (9.46%), Sugar: 6.91g (7.68%), Cholesterol: 107.36mg (35.79%), Sodium: 1062.78mg (46.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.46g (78.91%), Vitamin K: 319.18µg (303.99%), Vitamin A: 6892.98IU (137.86%), Selenium: 60.11µg (85.88%), Vitamin B3: 15.21mg (76.03%), Manganese: 1.5mg (74.79%), Vitamin B6: 1.25mg (62.64%), Phosphorus: 508.3mg (50.83%), Vitamin C: 35.46mg (42.98%), Folate: 162.84µg (40.71%), Potassium: 1359.11mg (38.83%), Magnesium: 147.52mg (36.88%), Calcium: 308.15mg (30.82%), Vitamin B2: 0.5mg (29.3%), Iron: 5.26mg (29.21%), Vitamin E: 3.76mg (25.09%), Vitamin B5: 2.43mg (24.34%), Vitamin B1: 0.31mg (20.87%), Copper: 0.41mg (20.57%), Zinc: 2.95mg (19.64%), Fiber: 3.98g (15.91%), Vitamin B12: 0.94µg (15.69%), Vitamin D: 0.24µg (1.59%)