



Basil Chicken and Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 teaspoons basil dried
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup heavy cream
- ☐ 0.3 cup parmesan cheese grated
- ☐ 12 ounce rotini pasta
- ☐ 1 pound chicken breast halves boneless skinless cut into 1/2 inch cubes

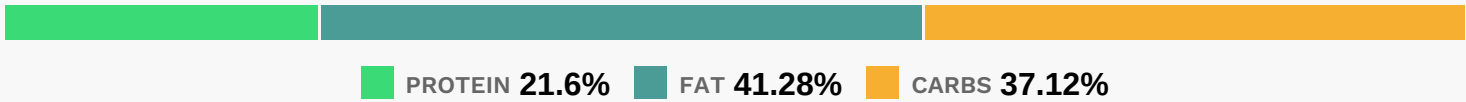
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook rotini pasta until al dente.
- ☐ Drain.
- ☐ Meanwhile, in a large skillet melt the butter or margarine.
- ☐ Add the chopped chicken and garlic, saute until lightly brown and juices run clear. Stir in the ground black pepper, dried basil, heavy cream, and grated Parmesan cheese. Bring to a boil and simmer for 3 to 4 minutes.
- ☐ Toss drained pasta with basil sauce and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:25.77, Inflammation Score:-7, Nutrition Score:23.412608727165%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 728.75kcal (36.44%), Fat: 33.17g (51.03%), Saturated Fat: 19.15g (119.67%), Carbohydrates: 67.12g (22.37%), Net Carbohydrates: 64.1g (23.31%), Sugar: 4.05g (4.5%), Cholesterol: 160.3mg (53.43%), Sodium: 307.91mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.1%), Selenium: 94.43µg (134.9%), Vitamin B3: 13.36mg (66.81%), Vitamin B6: 1.03mg (51.58%), Phosphorus: 479.9mg (47.99%), Manganese: 0.92mg (46.07%), Vitamin A: 1142.95IU (22.86%), Vitamin B5: 2.18mg (21.83%), Magnesium: 85.6mg (21.4%), Potassium: 704.43mg (20.13%), Vitamin B2: 0.31mg (18.19%), Zinc: 2.34mg (15.61%), Copper: 0.31mg (15.3%), Calcium: 136.11mg (13.61%), Fiber: 3.02g (12.08%), Iron: 2.13mg (11.81%), Vitamin K: 11.83µg (11.27%), Vitamin B1: 0.17mg (11.22%), Vitamin E: 1.11mg (7.39%), Vitamin D: 1.1µg (7.31%), Vitamin B12: 0.42µg (6.97%), Folate: 24.47µg (6.12%), Vitamin C: 2.42mg (2.94%)