



Bechamel Chicken Pasta

READY IN



70 min.

SERVINGS



8

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 tablespoons butter
- ☐ 1 cube chicken bouillon
- ☐ 1 bunch cilantro leaves
- ☐ 5 tablespoons flour all-purpose
- ☐ 3 sprigs dill weed fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper diced green
- ☐ 3 cups milk
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion diced
- ☐ 0.5 cup peas frozen
- ☐ 16 ounce penne pasta dried
- ☐ 8 servings bell pepper to taste
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 chicken breast halves boneless skinless cubed
- ☐ 6 ounce italian-flavored tomato paste canned
- ☐ 0.5 cup water

Equipment

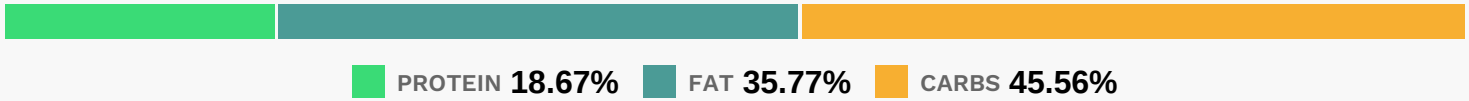
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of lightly salted water to a boil, cook the penne pasta 10 to 12 minutes, until al dente, and drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat the oil in a skillet over medium heat, and saute the onion, green bell pepper, and garlic until tender. Stir in the chicken, and cook until almost done.
- ☐ Mix in the peas, cilantro, dill, tomato paste, and enough water to make a thick sauce. Continue to cook and stir until chicken is no longer pink and juices run clear, and all the ingredients are heated through. Season with salt and pepper to taste.
- ☐ To prepare the bechamel sauce, melt the butter in a saucepan over medium heat. Dissolve the chicken bouillon cube in the melted butter. Stirring constantly, blend in the flour until smooth.

- ☐ Mix in the milk, season with pepper, and continue to cook and stir until the sauce is thick enough to coat the back of a spoon.
- ☐ In a bowl, mix the cooked pasta with 1/2 the bechamel sauce.
- ☐ Place 1/2 the pasta in a baking dish, layer with 1/2 the chicken mixture, and 1/2 the mozzarella cheese.
- ☐ Layer with the remaining pasta, remaining chicken mixture, and remaining bechamel sauce. Top with remaining mozzarella cheese.
- ☐ Bake 30 minutes in the preheated oven, or until bubbly.

Nutrition Facts



Properties

Glycemic Index:58.42, Glycemic Load:24.43, Inflammation Score:-10, Nutrition Score:29.179565284563%

Flavonoids

Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 544.76kcal (27.24%), Fat: 21.82g (33.57%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 57.2g (20.8%), Sugar: 13.2g (14.67%), Cholesterol: 69.99mg (23.33%), Sodium: 670.86mg (29.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.25%), Vitamin C: 117.27mg (142.15%), Selenium: 54.63µg (78.04%), Vitamin A: 3419.4IU (68.39%), Phosphorus: 419.76mg (41.98%), Manganese: 0.81mg (40.35%), Vitamin B6: 0.7mg (34.9%), Vitamin B3: 5.99mg (29.95%), Calcium: 292.17mg (29.22%), Vitamin B2: 0.41mg (24.2%), Potassium: 840.68mg (24.02%), Fiber: 5.35g (21.39%), Vitamin E: 3.11mg (20.74%), Vitamin B12: 1.2µg (20.06%), Magnesium: 79.14mg (19.79%), Zinc: 2.68mg (17.9%), Vitamin B1: 0.26mg (17.24%), Folate: 68.77µg (17.19%), Vitamin K: 16.34µg (15.56%), Copper: 0.31mg (15.5%), Vitamin B5: 1.37mg (13.72%), Iron: 2.4mg (13.35%), Vitamin D: 1.15µg (7.64%)