



Broth Pesto with Pasta, Peas, and Chicken

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

324 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce seashell pasta
- ☐ 1 cup peas sweet
- ☐ 3 tablespoons pesto sauce to taste
- ☐ 2 tablespoons spring onion chopped
- ☐ 4 cups vegetable broth reduced-sodium

Equipment

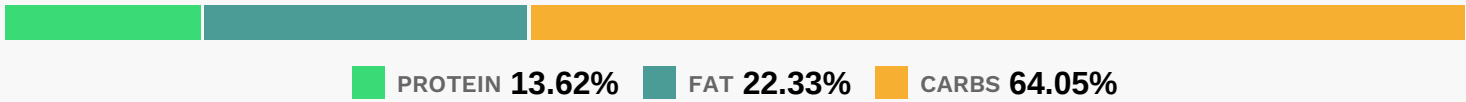
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Place the vegetable broth into a saucepan, and bring to a boil. Stir in the pasta, and boil over medium-low heat until tender, about 8 minutes.
- ☐ Drain pasta, and reserve broth.
- ☐ Heat the butter in a skillet over medium heat, and stir in half the spring onions; cook and stir until the onions begin to soften, 2 to 3 minutes, then add the vegetarian chicken-style pieces. Cook until vegetarian pieces are browned, about 3 minutes per side, then stir in remaining onion and green peas.
- ☐ Pour 1/2 cup of reserved vegetable broth into the skillet. Bring the mixture to a boil, cook for 1 to 2 minutes to cook the peas, and stir in the pasta and pesto sauce.
- ☐ Mix in an additional 1/2 cup of broth to form a creamy sauce.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:18.46, Inflammation Score:-6, Nutrition Score:11.295652181234%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 324.31kcal (16.22%), Fat: 8.01g (12.32%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 46.53g (16.92%), Sugar: 5.01g (5.57%), Cholesterol: 8.43mg (2.81%), Sodium: 133.39mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Selenium: 36.54µg (52.2%), Manganese: 0.67mg (33.67%), Fiber: 5.15g (20.59%), Vitamin C: 15.06mg (18.26%), Phosphorus: 148.26mg (14.83%), Vitamin K: 15.5µg (14.76%), Vitamin A: 621.49IU (12.43%), Copper: 0.23mg (11.51%), Magnesium: 42.68mg (10.67%), Vitamin B1: 0.15mg (9.95%), Folate: 35.79µg (8.95%), Vitamin B3: 1.74mg (8.69%), Zinc: 1.26mg (8.43%), Iron: 1.38mg (7.67%), Vitamin B6: 0.14mg (7.19%), Potassium: 224.01mg (6.4%), Vitamin B2: 0.09mg (5.03%), Calcium: 42.08mg (4.21%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.21mg (1.38%)