



Caprese Chicken Pesto Pasta

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



720 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 12 ounces chicken breasts
- ☐ 8 ounces mozzarella cheese fresh
- ☐ 12 ounces soup noodles
- ☐ 0.5 cup pesto
- ☐ 4 servings salt and pepper to taste
- ☐ 2 large tomatoes

Equipment

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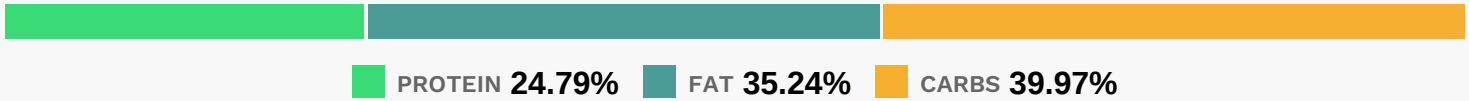
 grill

Directions

- ☐
- Start cooking your pasta.Meanwhile, season the chicken with salt and pepper, grill over medium-high heat until cooked, about 4-6 minutes per side, and let cool before slicing.Meanwhile, dice the tomatoes and mozzarella and toss the tomatoes in balsamic vinegar, salt and pepper.
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Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:26.9, Inflammation Score:-9, Nutrition Score:26.018695623978%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 720.03kcal (36%), Fat: 27.81g (42.79%), Saturated Fat: 10.18g (63.65%), Carbohydrates: 70.98g (23.66%), Net Carbohydrates: 66.67g (24.24%), Sugar: 6.43g (7.14%), Cholesterol: 101.7mg (33.9%), Sodium: 947.74mg (41.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.01g (88.02%), Selenium: 90.61µg (129.44%), Phosphorus: 562.14mg (56.21%), Vitamin B3: 10.92mg (54.58%), Manganese: 0.92mg (45.78%), Vitamin B6: 0.85mg (42.58%), Calcium: 367.91mg (36.79%), Vitamin A: 1791.79IU (35.84%), Vitamin B12: 1.46µg (24.38%), Zinc: 3.5mg (23.36%), Magnesium: 88.69mg (22.17%), Potassium: 764.54mg (21.84%), Vitamin B2: 0.31mg (18.46%), Vitamin B5: 1.74mg (17.39%), Fiber: 4.31g (17.24%), Copper: 0.33mg (16.46%), Vitamin C: 13.49mg (16.35%), Vitamin B1: 0.18mg (12.11%), Iron: 2.11mg (11.7%), Folate: 36.33µg (9.08%), Vitamin K: 8.75µg (8.33%), Vitamin E: 0.85mg (5.7%), Vitamin D: 0.31µg (2.08%)