



Chicken-and-Pepper Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 skinned and boned chicken breast halves cut into 1-inch pieces
- 14.5 ounce chicken broth canned
- 1 small bell pepper green cut into strips
- 8 ounces pasta uncooked
- 3 ounces parmesan cheese shredded
- 1.5 teaspoons pesto seasoning
- 1 small bell pepper red cut into strips
- 0.5 onion sweet chopped
- 0.8 cup white wine

1 small bell pepper yellow cut into strips

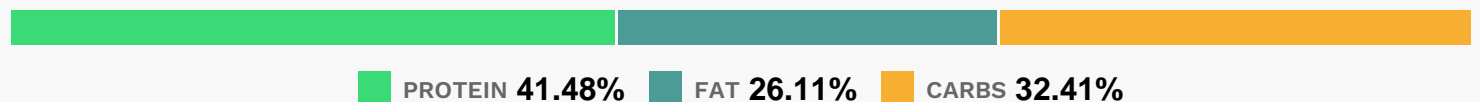
Equipment

frying pan

Directions

- Cook linguine according to package directions; drain and set pasta aside.
- Toss together chicken pieces and pesto seasoning.
- Spray a large skillet with cooking spray; heat over medium-high heat. Cook chicken, stirring often, 10 minutes or until done.
- Remove chicken, and keep warm.
- Spray skillet with cooking spray, and heat over medium-high heat.
- Add bell peppers and onion, and saut 6 minutes or until tender.
- Stir in broth and wine, and simmer, stirring occasionally, 10 to 15 minutes or until liquid is slightly reduced.
- Add chicken and pasta, and toss.
- Sprinkle with cheese, and toss.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:22.153043513713%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg

0.33mg, Kaempferol: 0.33mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg
Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 455.69kcal (22.78%), Fat: 12.3g (18.92%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 34.36g (11.45%),
Net Carbohydrates: 32.3g (11.74%), Sugar: 3.65g (4.05%), Cholesterol: 92.21mg (30.74%), Sodium: 663.46mg
(28.85%), Alcohol: 3.09g (100%), Alcohol %: 1.34% (100%), Protein: 43.98g (87.95%), Selenium: 64.01µg (91.44%),
Vitamin C: 50.56mg (61.29%), Vitamin B3: 10.54mg (52.71%), Phosphorus: 454.32mg (45.43%), Vitamin B6: 0.9mg
(44.8%), Manganese: 0.46mg (23.01%), Zinc: 3.21mg (21.41%), Calcium: 202.81mg (20.28%), Potassium: 608.77mg
(17.39%), Magnesium: 68.55mg (17.14%), Vitamin B12: 1.01µg (16.76%), Vitamin A: 736.5IU (14.73%), Vitamin B2:
0.24mg (14.15%), Vitamin B5: 1.41mg (14.13%), Iron: 2.09mg (11.6%), Copper: 0.21mg (10.42%), Fiber: 2.06g (8.23%),
Vitamin B1: 0.12mg (7.85%), Folate: 28.94µg (7.23%), Vitamin E: 0.68mg (4.54%), Vitamin K: 3.72µg (3.55%), Vitamin
D: 0.21µg (1.43%)