



Chicken and Pesto Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



750 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup pesto prepared
- 0.5 cup rotisserie chicken cut shredded
- 0.8 cup .5 oz. macaroni (such as penne or fusilli)

Equipment

- bowl

Directions

- Cook the pasta according to the package directions.
- Drain and rinse under cold water to cool; transfer to a bowl.
- Add the chicken and pesto and toss to combine.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:10.52478262199%

Nutrients (% of daily need)

Calories: 749.76kcal (37.49%), Fat: 33.79g (51.99%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 60.27g (21.92%), Sugar: 4.11g (4.56%), Cholesterol: 118.52mg (39.51%), Sodium: 994.91mg (43.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.78g (91.55%), Selenium: 49.77µg (71.1%), Manganese: 0.72mg (36.11%), Vitamin A: 1249.92IU (25%), Phosphorus: 148.84mg (14.88%), Fiber: 3.51g (14.05%), Calcium: 116.36mg (11.64%), Copper: 0.23mg (11.38%), Magnesium: 41.74mg (10.43%), Iron: 1.38mg (7.69%), Zinc: 1.11mg (7.4%), Vitamin B3: 1.34mg (6.69%), Vitamin B6: 0.11mg (5.59%), Potassium: 175.61mg (5.02%), Vitamin B1: 0.07mg (4.72%), Folate: 14.18µg (3.54%), Vitamin B5: 0.34mg (3.39%), Vitamin B2: 0.05mg (2.78%)