



 **42%**
HEALTH SCORE

Chicken, Broccoli, and Gnocchi with Parsley Pesto

READY IN



34 min.

SERVINGS



5

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups broccoli florets
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 1 cup parsley fresh
- 2 garlic clove peeled
- 1 pound d gnocchi packed (such as Vigo)
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 ounce parmesan fresh grated

- 0.3 teaspoon salt
- 2 tablespoons walnut pieces toasted chopped
- 1 tablespoon water
- 2 quarts water

Equipment

- food processor
- bowl
- frying pan
- sauce pan

Directions

- Drop garlic through food chute with food processor on; process until minced.
- Add parsley and next 4 ingredients; process until finely minced. Gradually add olive oil and 1 tablespoon water, processing just until blended.
- . Bring 2 quarts water to a boil in a 4-quart saucepan.
- Add broccoli, and cook 2 minutes.
- Remove 2 cups gnocchi from package; reserve remaining gnocchi for another use.
- Add gnocchi to pan, and cook 3 minutes or just until broccoli is tender; drain and place in a large bowl.
- Add chicken and parsley mixture; toss gently to coat.
- Sprinkle with 2 tablespoons walnuts and 2 tablespoons Parmesan cheese, if desired.

Nutrition Facts



PROTEIN 26.01% FAT 36.02% CARBS 37.97%

Properties

Glycemic Index:48.2, Glycemic Load:21.27, Inflammation Score:-8, Nutrition Score:19.896521695282%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 380.74kcal (19.04%), Fat: 15.41g (23.71%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 32.79g (11.92%), Sugar: 0.88g (0.98%), Cholesterol: 51.46mg (17.15%), Sodium: 594.36mg (25.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin K: 239.54µg (228.13%), Vitamin C: 48.86mg (59.22%), Vitamin B3: 8.14mg (40.69%), Iron: 5.1mg (28.33%), Vitamin A: 1295.15IU (25.9%), Selenium: 18.03µg (25.75%), Vitamin B6: 0.45mg (22.62%), Phosphorus: 213.85mg (21.38%), Fiber: 3.76g (15.03%), Calcium: 145.48mg (14.55%), Manganese: 0.28mg (13.8%), Folate: 47.78µg (11.95%), Vitamin E: 1.78mg (11.85%), Magnesium: 42.99mg (10.75%), Potassium: 353.97mg (10.11%), Copper: 0.19mg (9.73%), Vitamin B5: 0.85mg (8.54%), Vitamin B2: 0.14mg (8.5%), Zinc: 1.17mg (7.8%), Vitamin B1: 0.09mg (6.25%), Vitamin B12: 0.26µg (4.31%)