



Chicken Florentine Pesto Pasta

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces .5 oz. macaroni dried (bowties, penne, gemelli, etc)
- ☐ 4 chicken breast cutlets ()
- ☐ 6 servings salt
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup white wine
- ☐ 8 ounces spinach* fresh washed chopped

- ☐ 6 servings bell pepper black
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.3 cup pesto ()

Equipment

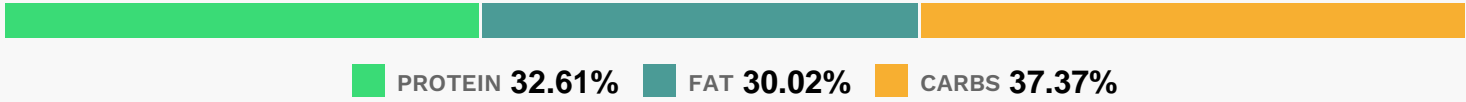
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Start cooking the pasta: Bring a large pot of salted water (add enough salt so that the water tastes salty) to a boil.
- ☐ Add the dried pasta and cook until al dente.
- ☐ Cook the chicken: While preparing the pasta, cook the chicken.
- ☐ Sprinkle the chicken breasts with salt, heat the olive oil in a sauté pan and brown the chicken breasts on both sides over medium-high heat. They don't need to be cooked all the way through, just browned.
- ☐ Remove the chicken from the pan and set aside.
- ☐ Sauté onions:
- ☐ Add the chopped onion to the pan and sauté 2-3 minutes, stirring occasionally. While the onions cook, slice the chicken into strips. Put any pieces that are cooked all the way through in one pile, and put the ones that still need a little cooking in another pile.
- ☐ Add garlic, then white wine or stock: When the onions are just beginning to brown, add the garlic and cook another minute.
- ☐ Add the white wine or stock and boil vigorously until the liquid is reduced by half.
- ☐ Add the spinach and the undercooked pieces of chicken to the pan. Using tongs, turn them over to coat them with the juices in the pan. Continue to cook, turning and stirring often, until the spinach is wilted and the chicken cooked through, about 2 minutes.
- ☐ Combine chicken, spinach, pesto, pasta, cream: Turn off the heat and add some black pepper, the pile of cooked chicken pieces and the pesto. Stir to combine.

- ☐ Drain the pasta put it in a large bowl.
- ☐ Add the cream to the sauté pan and stir well to combine.
- ☐ Add the contents of the pan to the bowl with the pasta and mix well.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:32.857825880465%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 531.99kcal (26.6%), Fat: 17g (26.16%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 44.43g (16.16%), Sugar: 3.28g (3.64%), Cholesterol: 108.46mg (36.15%), Sodium: 503.22mg (21.88%), Alcohol: 2.06g (100%), Alcohol %: 0.84% (100%), Protein: 41.56g (83.12%), Vitamin K: 186.4µg (177.52%), Selenium: 85.05µg (121.5%), Vitamin B3: 17.01mg (85.06%), Vitamin A: 3944.79IU (78.9%), Vitamin B6: 1.34mg (66.85%), Manganese: 0.97mg (48.35%), Phosphorus: 459.2mg (45.92%), Potassium: 952.64mg (27.22%), Magnesium: 104.16mg (26.04%), Vitamin B5: 2.48mg (24.83%), Folate: 93.71µg (23.43%), Vitamin C: 14.31mg (17.35%), Vitamin B2: 0.28mg (16.74%), Iron: 2.54mg (14.13%), Copper: 0.27mg (13.43%), Zinc: 1.97mg (13.14%), Vitamin B1: 0.19mg (12.76%), Fiber: 3.18g (12.72%), Vitamin E: 1.89mg (12.57%), Calcium: 89.38mg (8.94%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.31µg (2.06%)