



Chicken Pesto a la Lisa

READY IN



45 min.

SERVINGS



6

CALORIES



676 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.8 cup basil pesto prepared
- 1.5 cups chicken broth
- 2 teaspoons cornstarch
- 0.8 cup feta cheese crumbled
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 16 ounce rotini pasta
- 2 cloves garlic minced
- 1 tablespoon olive oil

- 2 tablespoons parmesan cheese grated
- 0.3 cup pinenuts toasted
- 6 chicken breast halves boneless skinless cut into strips
- 0.5 cup sun-dried olives chopped

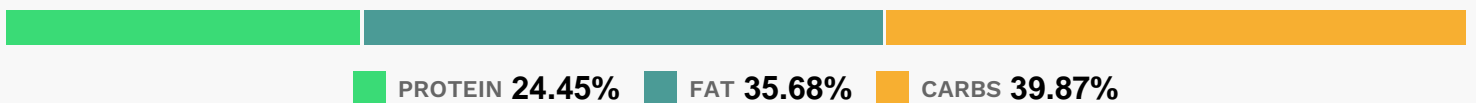
Equipment

- frying pan
- pot

Directions

- Soak sun dried tomatoes in chicken broth.
- Cook chicken in oil with garlic in a large skillet over medium heat until done.
- Stir cornstarch into a couple of tablespoons of chicken broth. Stir remaining chicken broth, sun dried tomatoes, pesto, pine nuts, and basil into the skillet with the chicken.
- Mix cornstarch mixture into the sauce, and cook until thickened.
- Add feta a few minutes before serving.
- Meanwhile, cook the pasta in a large pot of boiling salted water until al dente.
- Drain.
- Serve sauce over pasta, and sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:24.19, Inflammation Score:-7, Nutrition Score:27.747826389644%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 676.11kcal (33.81%), Fat: 26.63g (40.97%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 66.97g (22.32%), Net Carbohydrates: 62.66g (22.78%), Sugar: 6.93g (7.7%), Cholesterol: 94.11mg (31.37%), Sodium: 896.62mg (38.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.12%), Selenium: 88.28µg (126.11%), Vitamin B3: 14.49mg (72.44%), Manganese: 1.45mg (72.41%), Vitamin B6: 1.09mg (54.29%), Phosphorus: 524mg (52.4%), Potassium: 969.9mg (27.71%), Magnesium: 107.63mg (26.91%), Vitamin B2: 0.42mg (24.54%), Copper: 0.48mg (24%), Vitamin B5: 2.35mg (23.47%), Calcium: 197.33mg (19.73%), Zinc: 2.95mg (19.65%), Vitamin A: 940.91IU (18.82%), Fiber: 4.31g (17.24%), Vitamin B1: 0.25mg (16.91%), Iron: 2.99mg (16.62%), Vitamin K: 17.36µg (16.54%), Vitamin B12: 0.58µg (9.62%), Folate: 33.76µg (8.44%), Vitamin E: 1.24mg (8.28%), Vitamin C: 5.67mg (6.87%), Vitamin D: 0.2µg (1.31%)