



Chicken with Almond-Parsley Pesto

READY IN

ready

26 min.

SERVINGS

servings

4

CALORIES

calories

516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces angel hair pasta cooked
- ☐ 1 cup parsley leaves fresh packed
- ☐ 3 cloves garlic
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons olive oil as needed
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds chicken breast halves boneless skinless cut into 1-inch pieces

- ☐ 2 tablespoons slivered almonds toasted
- ☐ 0.3 cup cup heavy whipping cream sour

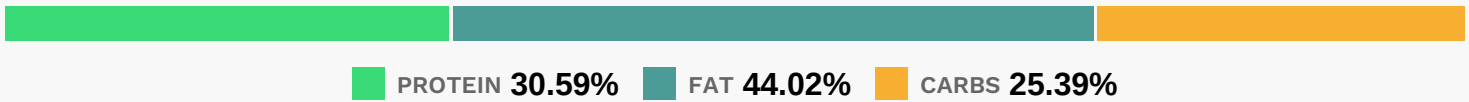
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion and cook, stirring, for 2 minutes.
- ☐ Add the chicken and cook until golden brown on all sides, about 5 minutes.
- ☐ In a blender, combine the pesto ingredients and process until smooth, adding more oil if necessary to create a sauce-like consistency.
- ☐ Add the sauce to the chicken in the skillet and cook for 1 minute to heat through.
- ☐ Serve the chicken and sauce over the pasta.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:12.8, Inflammation Score:-9, Nutrition Score:28.936956462653%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 516.43kcal (25.82%), Fat: 25.08g (38.58%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 29.51g (10.73%), Sugar: 2.35g (2.61%), Cholesterol: 107.46mg (35.82%), Sodium: 581.16mg (25.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.21g (78.42%), Vitamin K: 254.32µg (242.21%), Selenium: 71.35µg (101.93%), Vitamin B3: 15.56mg (77.82%), Vitamin B6: 1.19mg (59.43%), Phosphorus: 443.18mg (44.32%), Vitamin A: 1480.25IU (29.6%), Vitamin C: 24.01mg (29.1%), Manganese: 0.5mg (25.25%), Vitamin E: 3.62mg (24.16%), Vitamin B5: 2.32mg (23.21%), Potassium: 755.5mg (21.59%), Magnesium: 79.84mg (19.96%), Vitamin B2: 0.29mg (17.18%), Iron: 2.92mg (16.24%), Zinc: 1.97mg (13.11%), Calcium: 130.78mg (13.08%), Fiber: 3.04g (12.15%), Copper: 0.22mg (10.89%), Folate: 42.02µg (10.5%), Vitamin B1: 0.15mg (10.01%), Vitamin B12: 0.41µg (6.8%), Vitamin D: 0.17µg (1.15%)