



Chicken with Pistachio-Parsley Pesto

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound meat from a rotisserie chicken cubed
- ☐ 1 cup parsley leaves fresh packed
- ☐ 1 pound fusilli
- ☐ 3 cloves garlic peeled
- ☐ 4 servings ground pepper black
- ☐ 0.3 cup chicken broth reduced-sodium
- ☐ 2 tablespoons roasted pistachio nuts
- ☐ 4 servings salt

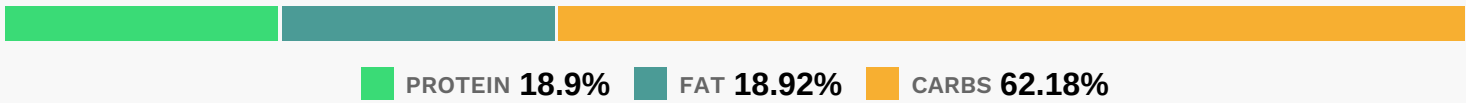
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook fusilli according to package directions.
- ☐ Heat 1 tablespoon of the broth in a large skillet over medium heat.
- ☐ Add chicken and cook 5 minutes, until golden brown on all sides.
- ☐ Meanwhile, in a blender, combine parsley, remaining broth, pistachio nuts, and garlic. Process until smooth, adding more broth, if necessary, to create a sauce-like consistency.
- ☐ Add sauce to chicken in skillet and cook 1 minute to heat through. Season, to taste, with salt and black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:34.52, Inflammation Score:-8, Nutrition Score:24.66826086459%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 570.96kcal (28.55%), Fat: 11.86g (18.25%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 87.7g (29.23%), Net Carbohydrates: 83.12g (30.22%), Sugar: 3.49g (3.88%), Cholesterol: 40.82mg (13.61%), Sodium: 253.44mg

(11.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.33%), Vitamin K: 247.13µg (235.36%), Selenium: 80.11µg (114.44%), Manganese: 1.17mg (58.5%), Phosphorus: 330.91mg (33.09%), Vitamin B3: 6.16mg (30.81%), Vitamin A: 1356.12IU (27.12%), Vitamin C: 21.73mg (26.34%), Vitamin B6: 0.46mg (22.95%), Copper: 0.44mg (22.16%), Magnesium: 83.96mg (20.99%), Fiber: 4.58g (18.33%), Iron: 3.13mg (17.4%), Zinc: 2.6mg (17.35%), Potassium: 504.59mg (14.42%), Vitamin B1: 0.18mg (12.32%), Folate: 48.47µg (12.12%), Vitamin B5: 1.08mg (10.78%), Vitamin B2: 0.16mg (9.57%), Calcium: 59.86mg (5.99%), Vitamin E: 0.49mg (3.26%), Vitamin B12: 0.19µg (3.14%)