



Creamy Basil Chicken

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup dressing italian
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 2 cups penne pasta uncooked
- ☐ 16 ounce chicken breasts boneless skinless
- ☐ 0.3 cup white wine

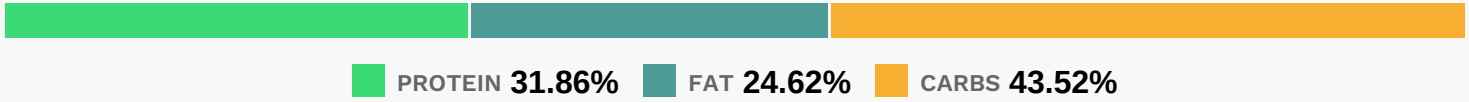
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Cook and drain pasta as directed on package. In resealable food-storage plastic bag, place dressing and chicken. Seal bag; refrigerate 15 minutes.
- ☐ In 12-inch skillet, heat 1 tablespoon vegetable oil over medium-low heat.
- ☐ Drain chicken, discarding dressing.
- ☐ Add chicken to skillet. Cook chicken 5 to 7 minutes on each side or until juice of chicken is clear when center of thickest part is cut (at least 165°F). Stir in wine; cook until most of the wine has evaporated. Stir in cooking sauce, 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered 4 to 6 minutes, stirring occasionally, until hot.
- ☐ Serve over pasta. Top with basil and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:17, Inflammation Score:-4, Nutrition Score:18.772174029247%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 445.26kcal (22.26%), Fat: 11.6g (17.84%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 44.35g (16.13%), Sugar: 4.87g (5.41%), Cholesterol: 76.82mg (25.61%), Sodium: 527.49mg (22.93%), Alcohol: 1.54g (100%), Alcohol %: 0.89% (100%), Protein: 33.77g (67.55%), Selenium: 73.85µg (105.49%), Vitamin B3: 12.86mg (64.28%), Vitamin B6: 0.96mg (48.06%), Phosphorus: 394.93mg (39.49%), Manganese: 0.56mg (28.04%), Vitamin B5: 1.89mg (18.93%), Potassium: 586.09mg (16.75%), Magnesium: 65.01mg (16.25%), Vitamin K: 16.9µg (16.09%), Zinc: 1.66mg (11.08%), Copper: 0.2mg (10.07%), Vitamin B2: 0.17mg (10.01%), Calcium: 96.65mg (9.67%), Vitamin B1: 0.13mg (8.82%), Iron: 1.32mg (7.33%), Fiber: 1.8g (7.2%), Vitamin E: 0.93mg (6.23%), Vitamin B12: 0.3µg (5.03%), Folate: 15.25µg (3.81%), Vitamin A: 93.41IU (1.87%), Vitamin C: 1.48mg (1.79%)