



WHATSheATE



Creamy chicken & green bean pesto pasta

READY IN



20 min.

SERVINGS



4

CALORIES



677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g soup noodles
- ☐ 250 g green beans trimmed
- ☐ 1 tbsp olive oil
- ☐ 1 bunch spring onion finely sliced
- ☐ 2 large chicken breast strips/pre-cooked/chopped shredded
- ☐ 5 tbsp basil pesto
- ☐ 3 tbsp double cream
- ☐ 1 handful parmesan grated

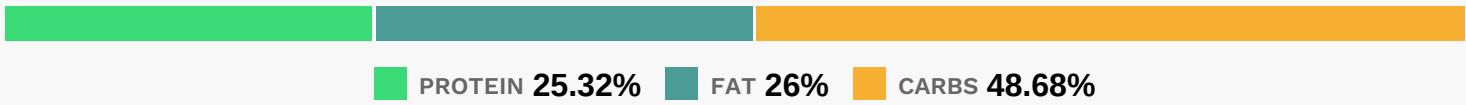
Equipment

☐ frying pan

Directions

- ☐ Cook pasta following pack instructions, adding green beans for the final 6 mins of cooking time.
- ☐ Drain and reserve a few tbsps of the cooking water.
- ☐ Meanwhile, heat olive oil in a large frying pan.
- ☐ Add spring onions and cook for 1–2 mins until soft, then set aside.
- ☐ Add the shredded chicken in the pan and heat through. Stir through pesto and cream. Pop pasta and beans in with the chicken mix and stir to coat, adding a little of the cooking water. Season and sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:31.34, Inflammation Score:-8, Nutrition Score:24.796956383664%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 676.93kcal (33.85%), Fat: 19.29g (29.68%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 81.29g (27.1%), Net Carbohydrates: 75.95g (27.62%), Sugar: 5.78g (6.42%), Cholesterol: 87.48mg (29.16%), Sodium: 256.77mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.28g (84.56%), Selenium: 87.74µg (125.34%), Vitamin B3: 13.99mg (69.95%), Manganese: 1.08mg (53.82%), Phosphorus: 419.31mg (41.93%), Vitamin K: 42.12µg (40.12%), Vitamin B6: 0.75mg (37.7%), Magnesium: 95.66mg (23.92%), Fiber: 5.34g (21.37%), Vitamin A: 1054.46IU (21.09%), Copper: 0.38mg (19.03%), Potassium: 602.55mg (17.22%), Iron: 3.07mg (17.05%), Zinc: 2.48mg (16.52%), Vitamin B2: 0.25mg (14.7%), Vitamin B5: 1.44mg (14.36%), Vitamin B1: 0.21mg (13.81%), Folate: 46.37µg (11.59%), Vitamin C: 8.82mg (10.69%), Calcium: 101.95mg (10.2%), Vitamin E: 1.24mg (8.26%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.27µg (1.78%)