



Creamy Lemon Pasta with Chicken

READY IN



20 min.

SERVINGS



5

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups chicken breast shredded cooked
- ☐ 1 small clove garlic finely chopped
- ☐ 3 ounces goat cheese
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 cups peas frozen thawed
- ☐ 1 pound penne pasta
- ☐ 5 servings salt and pepper

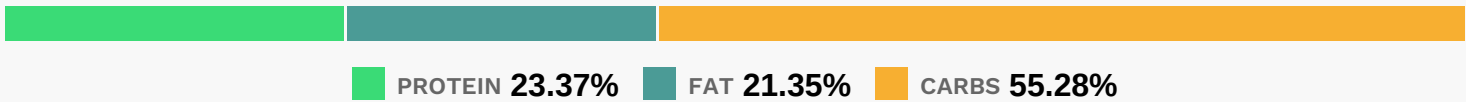
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add pasta and cook according to package label's directions. While pasta is cooking, place goat cheese, cream, garlic, lemon zest and lemon juice in a small bowl and mash with a fork to combine.
- ☐ Reserve 1/2 cup cooking liquid and drain pasta. Return pasta to pot and stir in peas, goat cheese mixture and chicken. Stir in cooking liquid. Season with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:29.52, Inflammation Score:-7, Nutrition Score:22.635652428088%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 564.36kcal (28.22%), Fat: 13.21g (20.32%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 76.96g (25.65%), Net Carbohydrates: 70.65g (25.69%), Sugar: 6.32g (7.03%), Cholesterol: 63.27mg (21.09%), Sodium: 310.12mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Selenium: 73.08µg (104.4%), Manganese: 1.11mg (55.36%), Phosphorus: 393.32mg (39.33%), Vitamin B3: 7.26mg (36.29%), Vitamin C: 25.65mg (31.09%), Copper: 0.53mg (26.26%), Vitamin B6: 0.51mg (25.67%), Fiber: 6.32g (25.26%), Magnesium: 82.99mg (20.75%), Zinc: 3.05mg (20.3%), Vitamin B1: 0.29mg (19.16%), Vitamin B2: 0.3mg (17.77%), Iron: 3.07mg (17.03%), Vitamin A: 817.93IU (16.36%), Folate: 60.07µg (15.02%), Vitamin K: 15.17µg (14.45%), Potassium: 494.61mg

(14.13%), Vitamin B5: 1.15mg (11.52%), Calcium: 74.4mg (7.44%), Vitamin B12: 0.21µg (3.56%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.26µg (1.72%)