



Grilled Chicken and Angel Hair Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 ounce almonds toasted
- ☐ 10 ounces angel hair pasta
- ☐ 2 chicken breast halves boneless cooked chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pesto

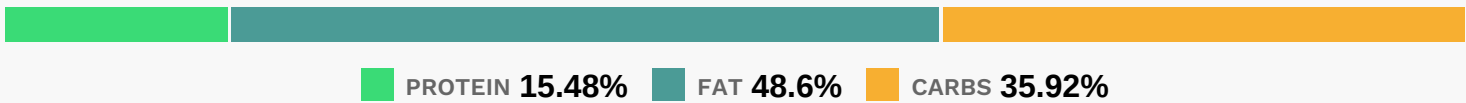
Equipment

- ☐ sauce pan

Directions

- ☐ Cook angel hair pasta in boiling water until al dente.
- ☐ Drain.
- ☐ In a large saucepan over medium heat saute minced garlic in olive oil.
- ☐ Add chopped chicken, cooked and drained pasta, pesto sauce, and mix well.
- ☐ Top with toasted almonds.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:14.32, Inflammation Score:-6, Nutrition Score:11.888260869876%

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: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 448.3kcal (22.41%), Fat: 24.01g (36.94%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 37.15g (13.51%), Sugar: 2.8g (3.11%), Cholesterol: 27.41mg (9.14%), Sodium: 433.31mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.41%), Selenium: 42.25µg (60.36%), Manganese: 0.56mg (28.18%), Vitamin B3: 4.91mg (24.55%), Phosphorus: 192.66mg (19.27%), Vitamin B6: 0.37mg (18.4%), Vitamin A: 844.72IU (16.89%), Vitamin E: 2.01mg (13.37%), Magnesium: 47.84mg (11.96%), Fiber: 2.78g (11.14%), Copper: 0.2mg (9.92%), Calcium: 92.92mg (9.29%), Potassium: 283.42mg (8.1%), Vitamin B5: 0.77mg (7.69%), Vitamin B2: 0.12mg (7.12%), Zinc: 1.04mg (6.96%), Iron: 1.21mg (6.73%), Vitamin B1: 0.08mg (5.22%), Folate: 12.12µg (3.03%), Vitamin K: 2.95µg (2.81%), Vitamin B12: 0.08µg (1.26%)