



## Grilled Chicken and Pesto Farfalle

READY IN



45 min.

SERVINGS



10

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 1 tablespoon butter
- 20 ounces farfalle pasta uncooked (bow tie pasta)
- 2 tablespoons flour all-purpose
- 0.5 cup basil fresh chopped
- 3 garlic clove minced
- 4 cups grape tomatoes halved ( 2 pints)
- 0.8 cup half and half
- 1.5 cups milk 1% low-fat divided

- 8 ounces parmesan fresh shredded divided
- 3.5 ounce basil pesto ()
- 1 teaspoon salt divided
- 1.8 pounds chicken breast halves boneless skinless

## Equipment

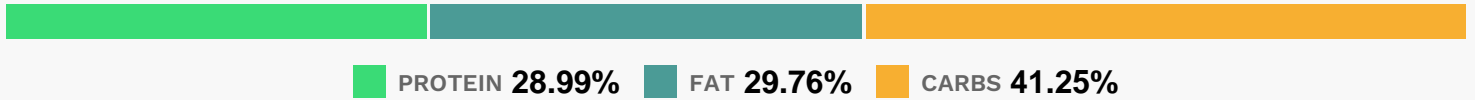
- bowl
- frying pan
- sauce pan
- whisk
- grill
- colander

## Directions

- Prepare grill to medium-high heat.
- Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place chicken on grill rack coated with cooking spray; grill 10 minutes or until done, turning after 6 minutes.
- Remove from grill; let stand 5 minutes.
- Cut chicken into 1/2-inch pieces; keep warm.
- Cook pasta according to package directions, omitting salt and fat.
- Drain in colander over a bowl, reserving 1/4 cup cooking liquid.
- Place pasta in large bowl.
- Heat butter in a medium saucepan over medium heat.
- Add garlic to pan; cook 1 minute, stirring occasionally.
- Combine 1/2 cup milk and flour in a small bowl, stirring with a whisk.
- Add milk mixture to pan, stirring constantly with a whisk. Stir in pesto. Gradually add remaining 1 cup milk and half-and-half, stirring constantly with a whisk. Cook 8 minutes or until sauce thickens, stirring frequently.

- Add 1/4 cup reserved cooking liquid, remaining 3/4 teaspoon salt, remaining 1/2 teaspoon pepper, and 1 cup cheese; stir until cheese melts.
- Add chicken and sauce to pasta, tossing well to coat.
- Add tomatoes and basil; toss gently.
- Sprinkle with remaining 1 cup cheese.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:36.4, Glycemic Load:18.77, Inflammation Score:-8, Nutrition Score:22.186956488568%

### Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

### Nutrients (% of daily need)

Calories: 495.37kcal (24.77%), Fat: 16.15g (24.85%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 47.56g (17.3%), Sugar: 6.1g (6.78%), Cholesterol: 78.15mg (26.05%), Sodium: 821.25mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.79%), Selenium: 68.32µg (97.61%), Phosphorus: 503.5mg (50.35%), Vitamin B3: 9.83mg (49.13%), Vitamin B6: 0.79mg (39.39%), Calcium: 375.48mg (37.55%), Manganese: 0.66mg (33.22%), Vitamin A: 1130.27IU (22.61%), Potassium: 673.63mg (19.25%), Magnesium: 74.9mg (18.73%), Vitamin B2: 0.29mg (17.34%), Vitamin B5: 1.73mg (17.3%), Zinc: 2.24mg (14.95%), Copper: 0.24mg (12.07%), Vitamin C: 9.78mg (11.85%), Vitamin B1: 0.17mg (11.5%), Vitamin B12: 0.68µg (11.4%), Fiber: 2.8g (11.22%), Vitamin K: 10.92µg (10.4%), Iron: 1.58mg (8.8%), Folate: 28.82µg (7.2%), Vitamin E: 0.68mg (4.55%), Vitamin D: 0.58µg (3.88%)