



Hunt's® Tomato and Pesto Chicken

READY IN



25 min.

SERVINGS



6

CALORIES



479 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup basil pesto refrigerated
- 3 cups broccoli florets fresh
- 0.5 cup cream cheese spread soft
- 1 tablespoon olive oil
- 8 ounces penne pasta dry uncooked
- 30 ounce chicken breasts boneless skinless
- 8 ounce hunt's® tomato sauce canned
- 14.5 ounce hunt's® tomatoes diced undrained canned

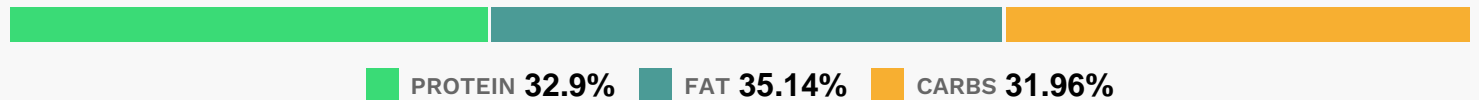
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and adding broccoli last 2 minutes of cook time.
- Meanwhile, heat oil in 12-inch nonstick skillet over medium-high heat.
- Add chicken; cook 5 minutes or until lightly browned on both sides.
- Add undrained tomatoes and tomato sauce; bring to a boil. Reduce heat to medium-low; cover. Simmer 8 minutes or until chicken is no longer pink in centers (165 degrees F).
- Remove chicken from skillet; keep warm.
- Add cream cheese to sauce remaining in skillet; stir until cream cheese is melted completely. Stir in pesto; simmer 2 minutes to thicken slightly.
- Drain pasta.
- Add to skillet; mix lightly.
- Serve chicken with pasta mixture.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:13.56, Inflammation Score:-9, Nutrition Score:29.354347869106%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 478.86kcal (23.94%), Fat: 18.6g (28.61%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 34.06g (12.39%), Sugar: 6.08g (6.76%), Cholesterol: 110.93mg (36.98%), Sodium: 552.57mg

(24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.19g (78.37%), Selenium: 72.24µg (103.2%), Vitamin B3: 16.52mg (82.58%), Vitamin C: 54.32mg (65.84%), Vitamin B6: 1.3mg (64.87%), Vitamin K: 55µg (52.38%), Phosphorus: 446.03mg (44.6%), Vitamin A: 1592.17IU (31.84%), Potassium: 1052.17mg (30.06%), Manganese: 0.58mg (29.2%), Vitamin B5: 2.73mg (27.29%), Magnesium: 81.35mg (20.34%), Vitamin B2: 0.3mg (17.57%), Fiber: 4g (16.01%), Folate: 56.52µg (14.13%), Vitamin E: 2.08mg (13.86%), Vitamin B1: 0.2mg (13.05%), Copper: 0.26mg (12.86%), Zinc: 1.84mg (12.24%), Iron: 2.01mg (11.16%), Calcium: 89.11mg (8.91%), Vitamin B12: 0.33µg (5.42%)