

Mediterranean Chicken and Orzo

READY IN



20 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup asparagus fresh red chopped
- 2 Tbsp classico basil pesto sauce and spread traditional
- 8 oz philadelphia cream cheese spread
- 2 cups orzo pasta hot cooked
- 1 Tbsp lemon zest
- 2 Tbsp milk
- 1 lb chicken breasts boneless skinless

Equipment

- bowl
- frying pan
- microwave

Directions

- Cook and stir vegetables in large nonstick skillet on medium heat 3 to 5 min. or until crisp-tender. Spoon into medium bowl; stir in orzo.
- Add chicken to skillet; cook 6 to 7 min. on each side or until done (165F).
- Mix cream cheese spread, pesto sauce and milk until blended. Stir 3/4 cup cream cheese mixture into orzo. Spoon remaining cream cheese mixture into microwaveable bowl. Microwave on HIGH 30 sec. or just until warmed; stir.
- Spoon orzo mixture onto platter; top with chicken, warmed cream cheese mixture and lemon zest.

Nutrition Facts

PROTEIN 30.3% **FAT 38.63%** **CARBS 31.07%**

Properties

Glycemic Index:29.63, Glycemic Load:13.55, Inflammation Score:-8, Nutrition Score:18.497391332751%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 456.69kcal (22.83%), Fat: 19.17g (29.49%), Saturated Fat: 9.34g (58.35%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 32.33g (11.76%), Sugar: 3.73g (4.14%), Cholesterol: 109.23mg (36.41%), Sodium: 469.37mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.65%), Selenium: 61.14µg (87.35%), Vitamin B3: 12.4mg (61.99%), Vitamin B6: 0.96mg (47.83%), Vitamin C: 27.14mg (32.89%), Phosphorus: 304.96mg (30.5%), Vitamin A: 1319.91IU (26.4%), Vitamin B5: 1.81mg (18.12%), Manganese: 0.34mg (16.96%), Potassium: 513.66mg (14.68%), Magnesium: 49.67mg (12.42%), Calcium: 104.87mg (10.49%), Iron: 1.75mg (9.73%), Fiber: 2.35g (9.41%), Vitamin B2: 0.16mg (9.38%), Zinc: 1.22mg (8.1%), Vitamin B1: 0.11mg (7.1%), Copper: 0.13mg (6.44%), Folate: 19.84µg (4.96%), Vitamin B12: 0.27µg (4.45%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.2µg (1.31%), Vitamin K: 1.16µg (1.11%)