



Pasta with Chicken and Almond Cream

READY IN



45 min.

SERVINGS



5

CALORIES



774 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 4 chicken breasts boneless
- 0.3 cup basil fresh cut into ribbons)
- 1 tablespoon olive oil
- 0.5 cup roasted peppers red chopped
- 5 servings salt and pepper to taste
- 2 shallots minced
- 1 pound pasta like spaghetti
- 0.5 cup sundried tomatoes drained chopped

- 0.7 cup whipping cream
- 0.5 cup white wine

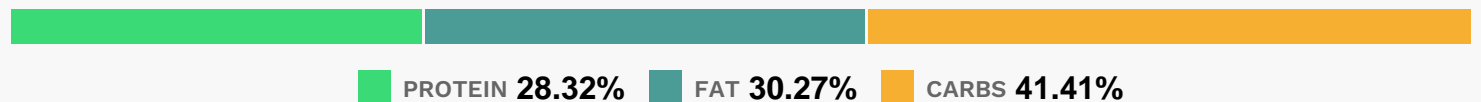
Equipment

- frying pan
- pot

Directions

- Bring a large pot of salted water to the boil.
- Meanwhile, melt butter and oil in a large saute pan over medium high heat. Season then brown chicken until light golden and just cooked through about 5 minutes; transfer to a plate.
- Add shallots to pan and saute 1 minute.
- Add sundried tomatoes, red pepper and ground almonds. Deglaze pan with wine until just evaporated.
- Add cream and almond milk, bring to a boil, stir until sauce thickens about 4 minutes.
- Add basil. Return chicken to the pan and simmer until just heated through.
- Cook pasta al dente.
- Drain, reserve about 1 cup pasta water.
- Add pasta into sauce and use pasta water if necessary for desired consistency.
- Garnish with toasted slivered almonds.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:29.18, Inflammation Score:-8, Nutrition Score:30.831738886626%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin:

0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg,
Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 773.53kcal (38.68%), Fat: 25.24g (38.83%), Saturated Fat: 11.9g (74.35%), Carbohydrates: 77.66g
(25.89%), Net Carbohydrates: 72.9g (26.51%), Sugar: 8.51g (9.45%), Cholesterol: 163.61mg (54.54%), Sodium:
659.47mg (28.67%), Alcohol: 2.47g (100%), Alcohol %: 0.84% (100%), Protein: 53.13g (106.26%), Selenium: 116.99µg
(167.13%), Vitamin B3: 21.55mg (107.76%), Vitamin B6: 1.6mg (80.2%), Phosphorus: 623.84mg (62.38%), Manganese:
1.16mg (57.82%), Potassium: 1354.54mg (38.7%), Vitamin B5: 3.33mg (33.32%), Magnesium: 125.58mg (31.39%),
Copper: 0.5mg (25.17%), Vitamin B2: 0.36mg (21.25%), Fiber: 4.76g (19.05%), Vitamin B1: 0.27mg (18.21%), Zinc:
2.73mg (18.21%), Iron: 3.23mg (17.96%), Vitamin A: 893.3IU (17.87%), Vitamin C: 14.2mg (17.21%), Vitamin K: 13.43µg
(12.79%), Folate: 39.17µg (9.79%), Vitamin E: 1.28mg (8.55%), Calcium: 76.35mg (7.64%), Vitamin B12: 0.42µg
(7.03%), Vitamin D: 0.69µg (4.59%)