



## Pasta with Tomato Pesto, Feta and Chicken

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup soup noodles (rice-shaped uncooked)
- 9 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked
- 4 oz feta cheese crumbled
- 0.3 cup basil fresh chopped
- 0.3 cup pesto rosso
- 0.3 teaspoon salt
- 2 tablespoons juice of lemon
- 4 medium tomatoes

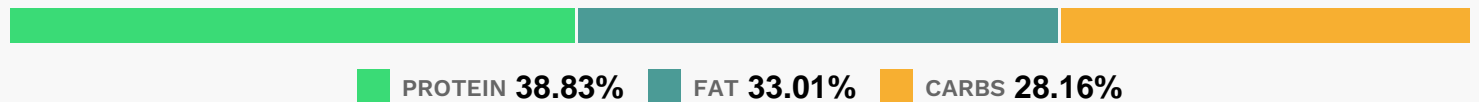
# Equipment

bowl

# Directions

- Cook orzo as directed on package; drain. Rinse with cold water to cool; drain well.
- Meanwhile, in large bowl, combine chicken, cheese, basil, pesto and salt; stir gently to mix.
- Add cooked orzo to chicken mixture; toss gently to coat.
- Sprinkle with lemon juice.
- To make tomato cups, cut off stem end of tomato and scoop out pulp; discard. Spoon salad mixture into tomato cups. If desired, serve on lettuce-lined plates.

# Nutrition Facts



# Properties

Glycemic Index:44.25, Glycemic Load:6.07, Inflammation Score:-8, Nutrition Score:17.094347668731%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

# Nutrients (% of daily need)

Calories: 285.11kcal (14.26%), Fat: 10.36g (15.94%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 17.39g (6.32%), Sugar: 5.07g (5.63%), Cholesterol: 80.69mg (26.9%), Sodium: 665.36mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.84%), Vitamin B3: 10.03mg (50.17%), Selenium: 31.35µg (44.79%), Vitamin B6: 0.63mg (31.42%), Phosphorus: 300.28mg (30.03%), Vitamin A: 1337.17IU (26.74%), Vitamin C: 20.61mg (24.98%), Vitamin B2: 0.35mg (20.39%), Calcium: 182.98mg (18.3%), Vitamin K: 16.66µg (15.87%), Manganese: 0.31mg (15.75%), Potassium: 518.01mg (14.8%), Zinc: 1.89mg (12.61%), Magnesium: 46.78mg (11.69%), Vitamin B12: 0.7µg (11.6%), Vitamin B5: 1.08mg (10.77%), Fiber: 2.5g (9.99%), Vitamin B1: 0.15mg (9.98%), Iron: 1.61mg (8.94%), Folate: 35.29µg (8.82%), Copper: 0.16mg (8.17%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.18µg (1.18%)