



Pecan-Crusted Chicken and Tortellini with Herbed Butter Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



1014 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 18 oz cheese tortellini refrigerated
- ☐ 16 oz chicken breast
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 3 tablespoons olive oil

- ☐ 1 oz parmesan shredded
- ☐ 0.8 cup pecans finely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

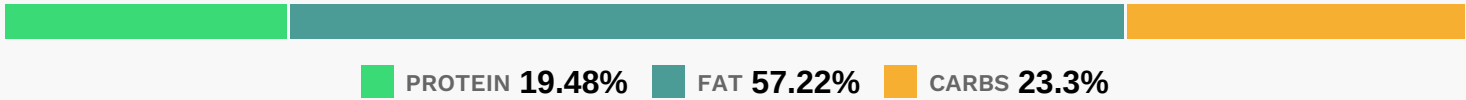
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare tortellini according to package directions.
- ☐ Meanwhile, sprinkle chicken with salt and pepper.
- ☐ Place pecans in a shallow bowl.
- ☐ Place egg in a second bowl. Dip chicken in egg mixture, allowing excess to drip off. Dredge chicken in pecans, pressing firmly to adhere.
- ☐ Cook chicken in hot oil in a large nonstick skillet over medium-high heat 2 minutes on each side or until done.
- ☐ Remove from skillet; wipe skillet clean.
- ☐ Melt butter in skillet over medium heat.
- ☐ Add garlic, and saut 5 to 7 minutes or until garlic is caramel-colored and butter begins to turn golden brown. Immediately remove from heat, and stir in basil, parsley, and hot cooked tortellini.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately with chicken.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:25.68, Inflammation Score:-7, Nutrition Score:25.418260854224%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1014.27kcal (50.71%), Fat: 65.08g (100.12%), Saturated Fat: 23.07g (144.21%), Carbohydrates: 59.6g (19.87%), Net Carbohydrates: 52.59g (19.12%), Sugar: 4.56g (5.06%), Cholesterol: 233.38mg (77.79%), Sodium: 1291.99mg (56.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.85g (99.71%), Vitamin K: 65.08µg (61.98%), Selenium: 43.11µg (61.59%), Vitamin B3: 12.18mg (60.89%), Manganese: 1.02mg (50.9%), Vitamin B6: 0.95mg (47.71%), Phosphorus: 381.71mg (38.17%), Calcium: 309.92mg (30.99%), Fiber: 7.01g (28.05%), Iron: 4.82mg (26.76%), Vitamin A: 1210.14IU (24.2%), Vitamin B5: 2.08mg (20.78%), Vitamin E: 2.86mg (19.04%), Potassium: 565.84mg (16.17%), Magnesium: 62.64mg (15.66%), Copper: 0.31mg (15.3%), Vitamin B1: 0.22mg (14.96%), Vitamin B2: 0.24mg (13.94%), Zinc: 2.04mg (13.59%), Vitamin C: 6.55mg (7.94%), Vitamin B12: 0.47µg (7.86%), Folate: 21.92µg (5.48%), Vitamin D: 0.4µg (2.66%)