



Penne in Almond Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



1245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces blanched
- ☐ 2 rotisserie chicken breasts store-bought cut into 1/2-inch cubes (2 cups)
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 3 cloves garlic peeled smashed
- ☐ 0.8 cup heavy cream
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 large lemon zest
- ☐ 2.5 cups chicken stock see low-sodium
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 cups parmesan grated
- ☐ 1 pound penne pasta
- ☐ 1 cup peas frozen

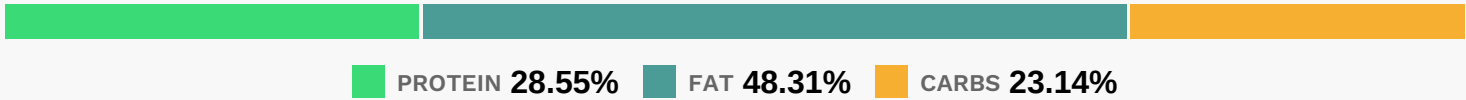
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain and reserve about 1 cup of the pasta water.
- ☐ In a blender, combine the almonds, chicken stock, olive oil, and garlic. Blend until the mixture is smooth.
- ☐ Pour the mixture into a large skillet and turn the heat on to medium. Bring the mixture to a boil and cook, stirring constantly, until the mixture thickens, about 3 to 4 minutes.
- ☐ Add the chicken, peas, cream and lemon zest. Cook, stirring frequently until the chicken is heated through, about 4 minutes (mixture will be thick). Season with salt and pepper, to taste
- ☐ Put the cooked pasta into a serving bowl and add 1/2 cup of the Parmesan. Toss together until the pasta is coated.
- ☐ Add the chicken mixture, the remaining cheese and the basil. Toss the ingredients together, adding the reserved pasta water, as needed, to loosen the sauce. Season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:42.56, Glycemic Load:24.47, Inflammation Score:-8, Nutrition Score:32.916086963985%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1244.79kcal (62.24%), Fat: 67.76g (104.25%), Saturated Fat: 19.92g (124.48%), Carbohydrates: 73.02g (24.34%), Net Carbohydrates: 63.71g (23.17%), Sugar: 6.6g (7.33%), Cholesterol: 248.28mg (82.76%), Sodium: 1272.3mg (55.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.1g (180.19%), Manganese: 1.83mg (91.59%), Vitamin E: 12.66mg (84.43%), Selenium: 58.58µg (83.69%), Phosphorus: 655.3mg (65.53%), Calcium: 562.67mg (56.27%), Magnesium: 182.57mg (45.64%), Vitamin B2: 0.76mg (44.84%), Copper: 0.78mg (38.88%), Fiber: 9.31g (37.23%), Zinc: 3.82mg (25.44%), Vitamin B3: 4.82mg (24.1%), Vitamin K: 21.49µg (20.47%), Potassium: 697.68mg (19.93%), Iron: 3.58mg (19.9%), Vitamin A: 989.64IU (19.79%), Vitamin B1: 0.24mg (16.19%), Vitamin C: 11.96mg (14.5%), Vitamin B6: 0.28mg (14.04%), Folate: 53.1µg (13.28%), Vitamin B12: 0.55µg (9.1%), Vitamin B5: 0.8mg (7.95%), Vitamin D: 0.64µg (4.28%)