



Pesto Chicken and Pasta

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 2 cups angel hair pasta hot cooked
- 1 clove garlic minced
- 1 cup italian* five cheese blend shredded kraft finely
- 1 optional: lemon divided cut in half,
- 1 Tbsp oil
- 1 large bell pepper red cut into thin strips
- 1 lb chicken breasts boneless skinless sliced

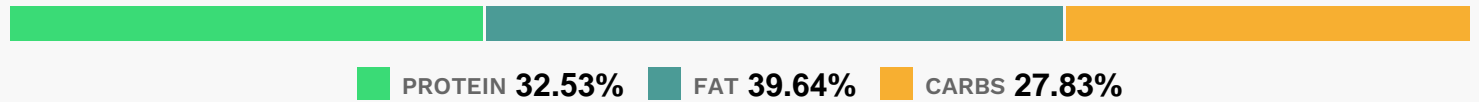
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add chicken and garlic; cook and stir 4 to 5 min. or until chicken is evenly browned.
- Add peppers; cook 3 to 4 min. or until chicken is done, stirring frequently.
- Stir in pasta sauce and juice from 1 lemon half; top with cheese. Cover; cook on low heat 2 to 3 min. or until cheese is melted. Spoon over pasta.
- Serve with remaining lemon half, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:1.94, Inflammation Score:-3, Nutrition Score:3.4873913575126%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 72.66kcal (3.63%), Fat: 3.22g (4.95%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.55g (1.66%), Sugar: 0.53g (0.59%), Cholesterol: 12.71mg (4.24%), Sodium: 53.24mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin C: 10.94mg (13.26%), Selenium: 9.17µg (13.1%), Vitamin B3: 2.01mg (10.06%), Vitamin B6: 0.17mg (8.31%), Vitamin A: 261.79IU (5.24%), Phosphorus: 47.99mg (4.8%), Vitamin B5: 0.3mg (3.02%), Manganese: 0.05mg (2.7%), Potassium: 92.96mg (2.66%), Fiber: 0.53g (2.11%), Magnesium: 8.15mg (2.04%), Vitamin E: 0.25mg (1.67%), Iron: 0.3mg (1.66%), Calcium: 16.54mg (1.65%), Vitamin B2: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.31%), Folate: 5.1µg (1.28%), Zinc: 0.19mg (1.27%), Copper: 0.02mg (1.03%)