



## Pesto Chicken and Pasta

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 oz farfalle pasta uncooked (farfalle)
- 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- 0.5 cup basil pesto
- 0.5 cup roasted peppers red drained coarsely chopped (from 7-oz jar)
- 1 serving olives ripe sliced

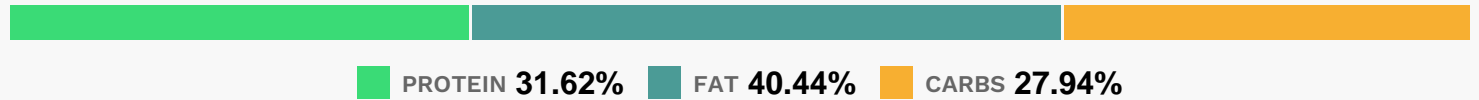
### Equipment

- sauce pan

## Directions

- In 3-quart saucepan, cook and drain pasta as directed on package. Return to saucepan.
- Stir chicken, pesto and bell peppers into pasta.
- Heat over low heat, stirring constantly, until hot.
- Garnish with olives.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:12.76, Inflammation Score:-5, Nutrition Score:6.7186955777199%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 505.8kcal (25.29%), Fat: 22.59g (34.76%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 32.9g (11.96%), Sugar: 2.17g (2.42%), Cholesterol: 116.04mg (38.68%), Sodium: 1020.46mg (44.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.51%), Selenium: 26.97µg (38.53%), Manganese: 0.42mg (20.9%), Vitamin A: 735.61IU (14.71%), Vitamin C: 8.14mg (9.86%), Fiber: 2.23g (8.93%), Phosphorus: 84.07mg (8.41%), Copper: 0.15mg (7.58%), Calcium: 68.62mg (6.86%), Magnesium: 25.01mg (6.25%), Iron: 0.9mg (4.98%), Vitamin B6: 0.09mg (4.65%), Zinc: 0.63mg (4.22%), Vitamin B3: 0.83mg (4.16%), Potassium: 122.48mg (3.5%), Vitamin B1: 0.04mg (2.91%), Folate: 10.6µg (2.65%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.83%), Vitamin E: 0.24mg (1.58%)