



Pesto Chicken and Pasta

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

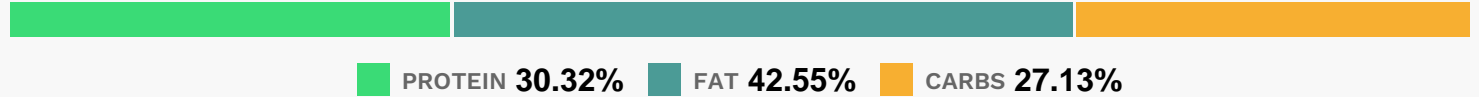
Equipment

- 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:7.1965216735135%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 527.55kcal (26.38%), Fat: 24.89g (38.29%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 32.98g (11.99%), Sugar: 2.26g (2.51%), Cholesterol: 116.04mg (38.68%), Sodium: 1254.46mg (54.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.91g (79.82%), Selenium: 27.11µg (38.73%), Manganese: 0.42mg (20.9%), Vitamin A: 794.56IU (15.89%), Fiber: 2.73g (10.91%), Vitamin C: 8.14mg (9.86%), Copper: 0.17mg (8.48%), Phosphorus: 84.67mg (8.47%), Calcium: 76.42mg (7.64%), Magnesium: 26.66mg (6.67%), Vitamin E: 0.81mg (5.39%), Iron: 0.97mg (5.39%), Vitamin B6: 0.1mg (4.89%), Vitamin B3: 0.87mg (4.33%), Zinc: 0.64mg (4.26%), Potassium: 128.78mg (3.68%), Vitamin B1: 0.05mg (3.12%), Folate: 11.05µg (2.76%), Vitamin B5: 0.19mg (1.95%), Vitamin B2: 0.03mg (1.89%)