



WHATSheATE



Pesto Fettuccine with Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



770 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 cherry tomatoes
- ☐ 1 pound fettuccine barilla
- ☐ 4 servings pepper
- ☐ 0.5 cup basil pesto prepared
- ☐ 18 oz chicken breast boneless skinless
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon vegetable oil

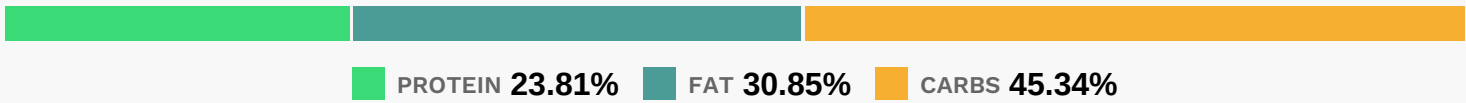
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ In a large pot of boiling, salted water, cook pasta, stirring occasionally, until al dente, about 12 minutes.
- ☐ Meanwhile, in a medium skillet, melt butter in vegetable oil. Season chicken with salt and pepper and cook over medium-high heat until lightly browned and firm to touch, about 5 minutes per side.
- ☐ Transfer to a plate and cover with foil to keep warm. Discard all but 1 Tbsp. fat from skillet.
- ☐ Add tomatoes and cook over medium-high heat, stirring often, until they start to soften, about 5 minutes.
- ☐ Cut chicken into chunks.
- ☐ Ladle off 1 cup pasta water and set aside.
- ☐ Drain pasta and return to pot.
- ☐ Add chicken, tomatoes and reserved pasta water. Stir in pesto and mix well until ingredients are coated.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:33.93, Inflammation Score:-8, Nutrition Score:28.353043711704%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 770.02kcal (38.5%), Fat: 26.14g (40.21%), Saturated Fat: 6.37g (39.84%), Carbohydrates: 86.43g (28.81%), Net Carbohydrates: 81.63g (29.68%), Sugar: 5.03g (5.59%), Cholesterol: 186.91mg (62.3%), Sodium: 470.47mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.4g (90.79%), Selenium: 130.6µg (186.58%), Vitamin B3: 16.1mg (80.48%), Vitamin B6: 1.26mg (63.06%), Phosphorus: 563.61mg (56.36%), Manganese: 1.08mg (54.1%), Vitamin B5: 2.96mg (29.56%), Magnesium: 106.07mg (26.52%), Potassium: 917.65mg (26.22%), Vitamin A: 1195.64IU (23.91%), Vitamin C: 18.97mg (23%), Copper: 0.43mg (21.53%), Zinc: 3.03mg (20.19%), Vitamin B1: 0.3mg (20.15%), Fiber: 4.8g (19.2%), Iron: 3.34mg (18.54%), Vitamin B2: 0.25mg (14.58%), Folate: 48.06µg (12.01%), Calcium: 105.68mg (10.57%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.45mg (9.67%), Vitamin K: 9.63µg (9.17%), Vitamin D: 0.52µg (3.47%)