



Pesto Parmesan Chicken and Pasta

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups water hot
- 1.5 cups milk
- 2 tablespoons butter
- 1 box parmesan crispy
- 0.3 cup basil pesto refrigerated
- 1 lb chicken breast boneless skinless
- 1 tablespoon milk
- 2 tablespoons butter

- 2 tablespoons vegetable oil
- 3 tablespoons basil pesto refrigerated
- 2 small plum tomatoes sliced (Roma)

Equipment

- bowl
- frying pan
- sauce pan
- knife

Directions

- In 2-quart nonstick saucepan, stir hot water, 1 1/2 cups milk, 2 tablespoons butter, and the sauce mix and uncooked pasta (from Chicken Helper box).
- Heat just to boiling, stirring frequently. Reduce heat. Simmer uncovered about 12 minutes, stirring frequently, until pasta is tender.
- Remove from heat; stir in 1/4 cup pesto. Cover to keep warm. Sauce will thicken as it stands.
- Meanwhile, cut each chicken breast into 3 to 5 slices, holding knife at an angle. Slices should be about 1/2 inch thick.
- Place chicken in medium bowl.
- Add 1 tablespoon milk to moisten.
- Add seasoned crumbs (from Chicken Helper box) to coat chicken.
- In 10-inch nonstick skillet, heat 2 tablespoons butter and the oil over medium heat until butter is melted. Carefully add chicken to hot butter mixture; cook 4 to 6 minutes or until golden brown. Reduce heat to medium-low. Turn chicken, cook 4 to 6 minutes longer or until golden brown and centers are no longer pink.
- Place chicken on individual plates. Spoon and spread 1 1/2 teaspoons pesto over chicken for each serving. Top with tomato slices; serve with pasta.

Nutrition Facts

PROTEIN **25.49%** FAT **67.64%** CARBS **6.87%**

Properties

Glycemic Index:40.17, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:11.296956622082%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 304.67kcal (15.23%), Fat: 22.78g (35.04%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.18g (4.64%), Cholesterol: 77.61mg (25.87%), Sodium: 344.91mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Vitamin B3: 8.08mg (40.39%), Selenium: 25.53µg (36.47%), Vitamin B6: 0.62mg (31.1%), Phosphorus: 231.25mg (23.12%), Vitamin A: 891.76IU (17.84%), Vitamin B5: 1.34mg (13.44%), Potassium: 426.34mg (12.18%), Calcium: 118.45mg (11.85%), Vitamin K: 10.97µg (10.45%), Vitamin B2: 0.17mg (10.05%), Vitamin B12: 0.51µg (8.53%), Magnesium: 30.33mg (7.58%), Vitamin B1: 0.09mg (6.14%), Vitamin E: 0.87mg (5.83%), Vitamin D: 0.77µg (5.17%), Zinc: 0.75mg (5.01%), Vitamin C: 3.74mg (4.53%), Iron: 0.44mg (2.46%), Fiber: 0.53g (2.13%), Copper: 0.04mg (2.09%), Manganese: 0.04mg (1.87%), Folate: 6.42µg (1.6%)