



## Pesto Pasta with Chicken and Tomatoes

READY IN



40 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tablespoons balsamic vinegar divided
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 cups cherry tomatoes
- ☐ 3 cups basil fresh
- ☐ 8 ounces rotini pasta uncooked (corkscrew pasta)
- ☐ 2 garlic clove peeled
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 1 medium onion cut into 1/2-inch slices
- ☐ 0.3 cup parmesan fresh divided finely grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 18 ounce chicken breast halves boneless skinless

## Equipment

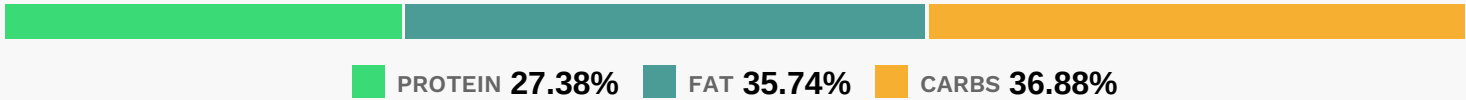
- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Preheat grill to high heat.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Place in a large bowl, and keep warm.
- ☐ Place garlic in food processor; process until minced.
- ☐ Add basil and next 4 ingredients (through pepper). With processor on, slowly pour oil through food chute; process until smooth.
- ☐ Brush 1 tablespoon vinegar over onion slices; brush remaining 1 tablespoon vinegar over chicken.
- ☐ Place 2 cups tomatoes in center of each of 2 (24- x 12-inch) pieces of foil. Fold foil over tomatoes; tightly seal edges.
- ☐ Place chicken, onion, and foil pouches on grill rack coated with cooking spray. Grill chicken, onion, and foil pouches 15 minutes or until onion is tender and tomatoes pop, turning all after 5 minutes.
- ☐ Remove onion and foil pouches from grill; turn chicken over, and cook an additional 5 minutes or until done.
- ☐ Let chicken stand 5 minutes. Chop onion; cut chicken into into 1/4-inch slices.
- ☐ Add pesto, tomatoes, chicken, and onion to pasta; toss well.
- ☐ Sprinkle with 1/4 cup cheese; toss gently.

- ☐ Sprinkle remaining cheese evenly over servings.
- ☐ Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:46.33, Glycemic Load:12.45, Inflammation Score:-8, Nutrition Score:23.385217345279%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

### Nutrients (% of daily need)

Calories: 396.51kcal (19.83%), Fat: 15.71g (24.18%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 33.83g (12.3%), Sugar: 5.33g (5.93%), Cholesterol: 58.21mg (19.4%), Sodium: 591.38mg (25.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.17%), Selenium: 53.16µg (75.95%), Vitamin K: 60.73µg (57.84%), Vitamin B3: 10.35mg (51.73%), Manganese: 0.99mg (49.36%), Vitamin B6: 0.83mg (41.62%), Phosphorus: 350.89mg (35.09%), Vitamin C: 28.49mg (34.54%), Vitamin A: 1191.04IU (23.82%), Potassium: 719.85mg (20.57%), Magnesium: 73.03mg (18.26%), Vitamin E: 2.49mg (16.58%), Vitamin B5: 1.6mg (16%), Copper: 0.32mg (15.77%), Iron: 2.27mg (12.63%), Calcium: 120.09mg (12.01%), Zinc: 1.68mg (11.22%), Fiber: 2.64g (10.58%), Vitamin B1: 0.15mg (10.27%), Vitamin B2: 0.17mg (10.1%), Folate: 36.87µg (9.22%), Vitamin B12: 0.24µg (3.95%)