



PLANTERSÂ® Penne with Chicken and Vegetables in Basil Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp heinz balsamic vinegar
- 2 cups broccoli florets
- 0.7 cup chicken broth fat-free divided
- 1 cup basil fresh divided packed
- 4 cloves garlic peeled
- 1 Tbsp olive oil
- 4 cups penne pasta uncooked

- 2 cups pepper strips red (2 small peppers)
- 0.8 lb chicken breasts boneless skinless cut into strips
- 0.5 cup planters walnuts divided chopped

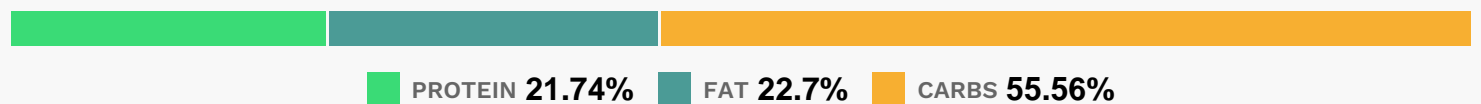
Equipment

- frying pan
- blender

Directions

- Cut enough of the basil into thin slices to measure 2 Tbsp.; set aside.
- Place remaining basil in blender container.
- Add 1/4 cup of the walnuts, 1/3 cup of the chicken broth and the garlic; cover. Blend 30 to 1 min. or until smooth.
- Cook pasta according to package directions. Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken, broccoli and peppers; cook and stir 5 min. or until chicken is lightly browned.
- Add remaining 1/3 cup broth; cook an additional 6 to 8 min. or until chicken is cooked through and vegetables are crisp-tender, stirring occasionally.
- Drain pasta.
- Add to ingredients in skillet along with the basil sauce; stir until well blended.
- Drizzle with the vinegar; mix lightly.
- Sprinkle with the reserved sliced basil and remaining 1/4 cup walnuts.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:5.7469565460215%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 92.02kcal (4.6%), Fat: 2.33g (3.58%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 11.81g (4.3%), Sugar: 1.15g (1.27%), Cholesterol: 7.26mg (2.42%), Sodium: 37.48mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin C: 18.56mg (22.49%), Selenium: 13.54µg (19.34%), Manganese: 0.25mg (12.38%), Vitamin K: 10.37µg (9.88%), Vitamin B3: 1.63mg (8.17%), Vitamin B6: 0.16mg (8.16%), Vitamin A: 394.84IU (7.9%), Phosphorus: 67.31mg (6.73%), Copper: 0.09mg (4.38%), Magnesium: 17.24mg (4.31%), Fiber: 1g (3.99%), Potassium: 130.81mg (3.74%), Folate: 14.06µg (3.52%), Vitamin B5: 0.31mg (3.14%), Zinc: 0.4mg (2.67%), Vitamin B1: 0.04mg (2.57%), Vitamin B2: 0.04mg (2.41%), Iron: 0.43mg (2.39%), Vitamin E: 0.33mg (2.2%), Calcium: 11.81mg (1.18%)