



Spence's Pesto Chicken Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup basil pesto prepared to taste
- 4 ounces mushrooms fresh halved
- 4 servings salt and ground pepper black to taste
- 7.5 ounce marinated artichoke hearts drained quartered
- 3 tablespoons olive oil
- 0.5 pound linguine pasta
- 6 ounces roasted peppers red drained chopped
- 8 ounce chicken breast boneless skinless cut into small pieces

- 3 ounces spinach leaves fresh
- 6 garlic cloves whole

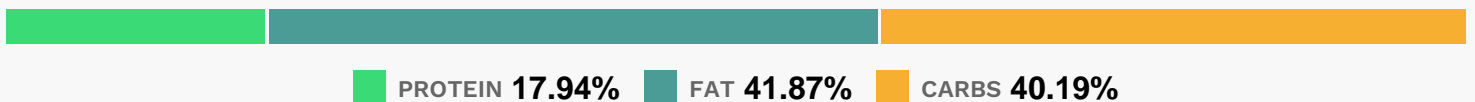
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- Drain well in a colander set in the sink.
- While the pasta is boiling, sprinkle the chicken with salt and black pepper.
- Heat the olive oil in a large skillet over medium heat, and cook the chicken pieces until lightly browned, about 10 minutes, stirring frequently. Stir in the garlic cloves, mushrooms, roasted red peppers, and artichoke hearts; reduce heat to a simmer, and cook until the mushrooms begin to give off their juices, 5 to 8 minutes. Stir in the spinach, and simmer just until the leaves are wilted, about 2 minutes.
- Transfer the cooked linguine into a bowl, and toss with the basil pesto. Divide the pasta between 2 plates, and serve topped with the chicken mixture.
- Sprinkle Parmesan cheese over each plate to serve.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:17.75, Inflammation Score:-9, Nutrition Score:27.007826380108%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 512kcal (25.6%), Fat: 23.68g (36.43%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 51.14g (17.05%), Net Carbohydrates: 46.64g (16.96%), Sugar: 3.24g (3.6%), Cholesterol: 37.53mg (12.51%), Sodium: 1017.46mg (44.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.65%), Vitamin K: 109.43µg (104.22%), Selenium: 57.6µg (82.28%), Vitamin A: 3076.87IU (61.54%), Vitamin C: 39.59mg (47.99%), Manganese: 0.89mg (44.43%), Vitamin B3: 8.32mg (41.61%), Vitamin B6: 0.71mg (35.4%), Phosphorus: 276.58mg (27.66%), Copper: 0.37mg (18.35%), Fiber: 4.51g (18.03%), Potassium: 626.58mg (17.9%), Magnesium: 70.11mg (17.53%), Folate: 65.5µg (16.37%), Vitamin B2: 0.26mg (15.46%), Vitamin B5: 1.53mg (15.35%), Iron: 2.62mg (14.57%), Vitamin E: 2.12mg (14.14%), Zinc: 1.52mg (10.12%), Calcium: 98.36mg (9.84%), Vitamin B1: 0.15mg (9.77%), Vitamin B12: 0.12µg (2.08%)