



Sun-Dried Tomato Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cayenne pepper
- 1 cup basil fresh chopped
- 4 cloves garlic minced
- 1 cup heavy cream
- 2 tablespoons olive oil
- 1 pound penne pasta dry
- 12 ounce roasted peppers red drained chopped
- 4 chicken breast halves boneless skinless cut into 1 1/2 inch pieces
- 9 ounce sun-dried tomato pesto

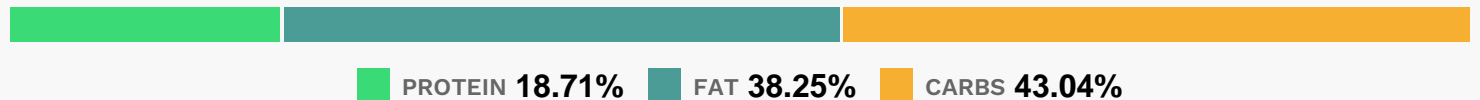
Equipment

- frying pan
- pot

Directions

- Heat the olive oil in a skillet over medium heat, and cook and stir the chicken breast meat for about 10 minutes, until the chicken is browned.
- Add the garlic, cook and stir with the chicken for about 1 minute, and pour in the cream.
- Mix in the sun-dried tomato pesto, roasted peppers, basil, and cayenne pepper; simmer over low heat for 30 minutes, until the sauce has thickened.
- While the sauce is simmering, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the penne, 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.
- Serve the sauce over the cooked penne.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:22.94, Inflammation Score:-8, Nutrition Score:22.901739089385%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 626.1kcal (31.31%), Fat: 26.42g (40.65%), Saturated Fat: 11.46g (71.65%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 62.25g (22.64%), Sugar: 6.65g (7.38%), Cholesterol: 96.44mg (32.15%), Sodium: 1270.33mg (55.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.09g (58.17%), Selenium: 73.57µg (105.1%), Vitamin B3: 9.56mg (47.79%), Manganese: 0.88mg (44.08%), Vitamin B6: 0.83mg (41.28%), Vitamin C: 30.72mg (37.24%), Phosphorus: 341.7mg (34.17%), Vitamin A: 1524.7IU (30.49%), Vitamin K: 21.21µg (20.2%), Fiber: 4.66g (18.63%),

Magnesium: 72.23mg (18.06%), Copper: 0.34mg (16.98%), Potassium: 594.36mg (16.98%), Vitamin B5: 1.54mg (15.42%), Iron: 2.46mg (13.67%), Vitamin B2: 0.22mg (12.98%), Calcium: 121.47mg (12.15%), Zinc: 1.76mg (11.76%), Vitamin B1: 0.14mg (9.65%), Vitamin E: 1.4mg (9.31%), Folate: 30.41µg (7.6%), Vitamin D: 0.71µg (4.73%), Vitamin B12: 0.21µg (3.57%)