

Teena's Spicy Pesto Chicken and Pasta

READY IN



40 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons basil pesto prepared
- 1 tablespoon chili paste depending on your taste pref hot (such as sambal oelek)
- 0.5 cup cilantro leaves chopped
- 16 ounce farfalle pasta uncooked (bow tie)
- 3 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 1 pound chicken breast halves boneless skinless cut into 1 inch pieces

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

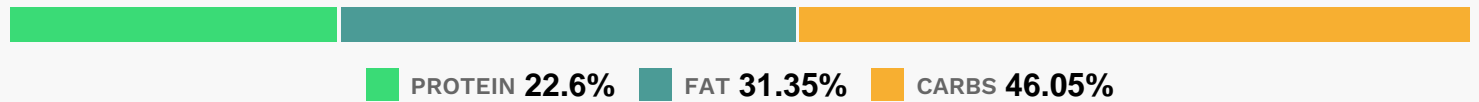
Place farfalle pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Heat the olive oil in a large skillet over medium heat.

Mix in the chile paste and chicken. Cook and stir chicken 10 minutes, or until evenly browned and juices run clear.

Toss the cooked farfalle, pesto, Parmesan cheese, and cilantro into the skillet, and continue cooking just until heated through.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:17.02, Inflammation Score:-5, Nutrition Score:13.526086934235%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 393.56kcal (19.68%), Fat: 13.5g (20.77%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 42.59g (15.49%), Sugar: 2.07g (2.3%), Cholesterol: 42.62mg (14.21%), Sodium: 284.7mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.78%), Selenium: 56.2µg (80.28%), Vitamin B3: 6.93mg (34.63%), Manganese: 0.54mg (26.9%), Phosphorus: 267.37mg (26.74%), Vitamin B6: 0.51mg (25.75%), Magnesium: 47.48mg (11.87%), Vitamin B5: 1.08mg (10.78%), Potassium: 360.39mg (10.3%), Zinc: 1.41mg (9.38%), Copper: 0.19mg (9.33%), Calcium: 89.23mg (8.92%), Fiber: 2.03g (8.13%), Vitamin A: 369.33IU (7.39%), Vitamin B2: 0.12mg (6.78%), Vitamin E: 0.99mg (6.59%), Vitamin K: 6.56µg (6.25%), Iron: 1.1mg (6.13%), Vitamin B1: 0.09mg (6.1%), Folate: 13.67µg (3.42%), Vitamin B12: 0.2µg (3.3%), Vitamin C: 1.27mg (1.54%)