



Almond-Apricot Chicken with Mint Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup breadcrumbs plain
- ☐ 4 servings coarse salt
- ☐ 4 servings coarse salt fresh
- ☐ 4 apricot dried cut into 1/4-inch pieces (3 tablespoons)
- ☐ 1 large eggs lightly beaten
- ☐ 2 ounces goat cheese
- ☐ 3 cups mint leaves fresh packed
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 24 ounces chicken breast halves boneless skinless

Equipment

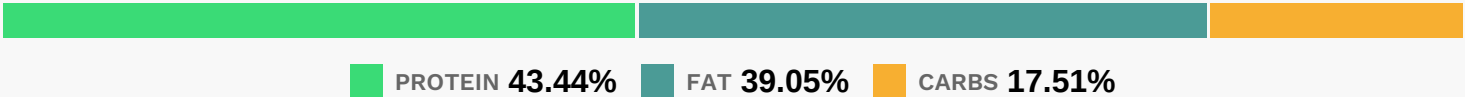
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ To Prepare The Chicken
- ☐ Preheat the oven to 375°F.
- ☐ Cut a slit in one side of each chicken breast to create a pocket about 4 inches long.
- ☐ In a small bowl, combine 1/4 cup of the almonds with the goat cheese and apricots. Stuff each breast with one quarter of the mixture. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ On a plate, combine the breadcrumbs and the remaining 1/4 cup almonds. Dip each breast into the beaten egg, then dredge in the breadcrumb mixture.
- ☐ Heat the oil in a large ovenproof nonstick skillet over medium heat. Cook the chicken until golden, 3 to 4 minutes on each side.
- ☐ Transfer to the oven; bake until cooked through, about 15 minutes.
- ☐ Serve hot with the mint pesto on the side.
- ☐ To Prepare The Mint Pesto
- ☐ In a food processor, combine the mint and almonds; process until finely chopped.
- ☐ With the motor running, gradually pour the olive oil through the feed tube. Season with salt. Keep at room temperature until ready to serve. Store leftover pesto in a sealed container in the refrigerator for up to two weeks; let it come to room temperature before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Over the years, more than two dozen books have been published by the magazine's editors. Martha Stewart is the author of dozens of best-selling books on cooking, entertaining, gardening, weddings, and decorating. She is the host of The Martha Stewart Show, the

successful daily syndicated television show.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:28.661304504975%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 10.45mg, Eriodictyol: 10.45mg, Eriodictyol: 10.45mg, Eriodictyol: 10.45mg Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg Luteolin: 4.31mg, Luteolin: 4.31mg, Luteolin: 4.31mg, Luteolin: 4.31mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 408.69kcal (20.43%), Fat: 17.69g (27.21%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 13.44g (4.89%), Sugar: 5.25g (5.84%), Cholesterol: 161.88mg (53.96%), Sodium: 732.11mg (31.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.27g (88.54%), Vitamin B3: 19.4mg (97%), Selenium: 61.35µg (87.64%), Vitamin B6: 1.4mg (70.22%), Phosphorus: 491.07mg (49.11%), Vitamin A: 1987.03IU (39.74%), Manganese: 0.67mg (33.7%), Vitamin B5: 2.94mg (29.44%), Potassium: 995.05mg (28.43%), Vitamin B2: 0.48mg (28.15%), Magnesium: 96.96mg (24.24%), Iron: 3.73mg (20.7%), Vitamin E: 3.08mg (20.55%), Copper: 0.38mg (18.98%), Fiber: 4.41g (17.63%), Vitamin B1: 0.25mg (16.77%), Folate: 65.81µg (16.45%), Vitamin C: 12.85mg (15.58%), Calcium: 153.99mg (15.4%), Zinc: 1.99mg (13.3%), Vitamin B12: 0.51µg (8.5%), Vitamin K: 4.73µg (4.5%), Vitamin D: 0.48µg (3.18%)