



Bruschetta Chicken Pesto Tart

 Popular

READY IN



35 min.

SERVINGS



2

CALORIES



1147 kcal

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 tablespoon basil thinly sliced
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup parmigiano reggiano shredded (parmesan)
- ☐ 0.3 cup pesto
- ☐ 1 tablespoon pinenuts toasted
- ☐ 1 sheet puff pastry thawed
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 servings salt and pepper to taste

- ☐ 1 cup meat from a rotisserie chicken diced shredded cooked
- ☐ 0.8 cup mozzarella cheese shredded
- ☐ 1 cup tomatoes diced

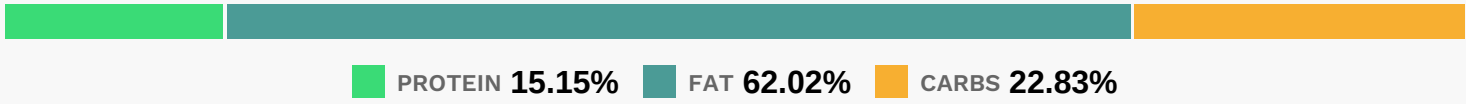
Equipment

- ☐ oven

Directions

- ☐ Mix the tomatoes, garlic and balsamic vinegar, season with salt and pepper to taste and set aside.
- ☐ Roll out the sheet of puff pastry into the desired shape, spread on the pesto and top with the chicken, cheese and onion.
- ☐ Bake in a preheated 400F oven until the a the pastry is golden brown and the cheese is melted, about 15–25 minutes.
- ☐ Sprinkle on the pine nuts, tomato bruschetta, and basil and enjoy.

Nutrition Facts



Properties

Glycemic Index:162.5, Glycemic Load:31.8, Inflammation Score:-9, Nutrition Score:29.013913154602%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 1146.57kcal (57.33%), Fat: 79g (121.54%), Saturated Fat: 22.91g (143.22%), Carbohydrates: 65.42g (21.81%), Net Carbohydrates: 61.62g (22.41%), Sugar: 5.81g (6.46%), Cholesterol: 96.66mg (32.22%), Sodium: 1310.25mg (56.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.83%), Selenium: 57.17µg (81.67%), Manganese: 1.22mg (60.8%), Vitamin B3: 11.4mg (57.02%), Phosphorus: 499.09mg (49.91%), Calcium: 448.79mg (44.88%), Vitamin B1: 0.61mg (40.45%), Vitamin B2: 0.64mg (37.84%), Vitamin A: 1711.75IU (34.24%), Vitamin K:

33.74µg (32.13%), Folate: 120.26µg (30.07%), Iron: 5.05mg (28.04%), Zinc: 3.79mg (25.3%), Vitamin B6: 0.45mg (22.4%), Vitamin B12: 1.31µg (21.84%), Magnesium: 72.26mg (18.07%), Copper: 0.32mg (15.75%), Fiber: 3.8g (15.2%), Potassium: 525.86mg (15.02%), Vitamin C: 12.37mg (15%), Vitamin E: 1.65mg (11.01%), Vitamin B5: 0.91mg (9.14%), Vitamin D: 0.23µg (1.54%)