



Chicken Breast With Roasted Red Peppers, Mozzarella and Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices country bread
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 leaves basil fresh
- ☐ 8 ounces mozzarella cheese fresh sliced
- ☐ 2 sprigs rosemary fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 0.3 cup pesto sauce
- ☐ 7 ounce roasted peppers red

- ☐ 4 servings salt and pepper
- ☐ 1 lb chicken breast boneless skinless
- ☐ 8 cups water

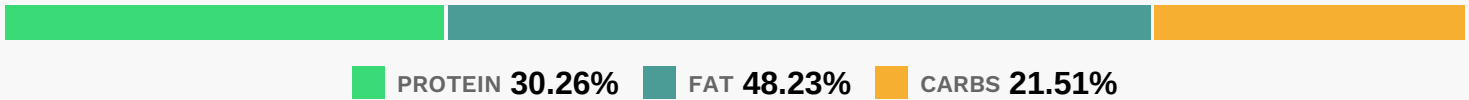
Equipment

- ☐ oven
- ☐ pot
- ☐ toaster
- ☐ cutting board

Directions

- ☐ Fill a large pot about two-thirds full of water. Bring to a gentle simmer and add thyme, rosemary, salt and pepper.
- ☐ Place the chicken in the poaching liquid and simmer until cooked through.
- ☐ Let the chicken cool in the liquid, then remove and slice about 1/4-inch thick.
- ☐ Brush chicken slices with olive oil and top with basil leaves.2
- ☐ Place 4 slices of bread on a cutting board.
- ☐ Layer the chicken slices evenly over each; spread with 1 tablespoon pesto. On the remaining 4 pieces of bread, place the roasted red pepper strips and sliced mozzarella. Toast all 8 slices of bread in a toaster oven until the cheese is melted and starting to bubble.
- ☐ Remove and top chicken and pesto bread slices with the bread holding the pepper strips and mozzarella.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:14.65, Inflammation Score:-8, Nutrition Score:27.680434745291%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 584.29kcal (29.21%), Fat: 31.04g (47.76%), Saturated Fat: 10.47g (65.47%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.99g (10.18%), Sugar: 4.29g (4.77%), Cholesterol: 118.61mg (39.54%), Sodium: 1793.7mg (77.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.82g (87.65%), Selenium: 62.21µg (88.86%), Vitamin B3: 15.3mg (76.52%), Phosphorus: 521.86mg (52.19%), Vitamin B6: 1.02mg (51.17%), Calcium: 424.75mg (42.47%), Manganese: 0.8mg (39.81%), Vitamin C: 25.44mg (30.84%), Vitamin B2: 0.43mg (25.45%), Vitamin B12: 1.52µg (25.33%), Vitamin B1: 0.33mg (22.17%), Vitamin B5: 2.18mg (21.77%), Vitamin A: 1040.48IU (20.81%), Zinc: 3.05mg (20.31%), Magnesium: 75.14mg (18.79%), Iron: 3.32mg (18.44%), Potassium: 619.02mg (17.69%), Folate: 64.66µg (16.17%), Copper: 0.26mg (13.25%), Fiber: 3.17g (12.67%), Vitamin K: 10.56µg (10.06%), Vitamin E: 1.44mg (9.61%), Vitamin D: 0.34µg (2.27%)