



Chicken-Pesto Skewers

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups tightly basil fresh packed
- 2 cups cherry tomatoes
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into 1-1/2-inch pieces
- 0.3 cup vinaigrette dressing italian kraft

Equipment

- blender
- grill

skewers

Directions

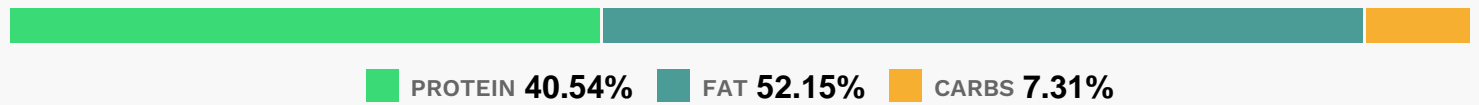
Heat grill to medium-high heat.

Blend dressing, basil and cheese in blender until smooth. Toss 1/4 cup pesto with combined chicken and tomatoes. Refrigerate or freeze remaining 1/2 cup pesto for another use.

Thread chicken and tomatoes alternately onto skewers.

Grill 5 min. on each side or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:21.445652070253%

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 275.45kcal (13.77%), Fat: 15.9g (24.47%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.44g (2.71%), Cholesterol: 79.82mg (26.61%), Sodium: 286.5mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.63%), Vitamin K: 97.74µg (93.08%), Vitamin B3: 12.39mg (61.96%), Selenium: 39.96µg (57.09%), Vitamin B6: 0.94mg (47.14%), Phosphorus: 321.91mg (32.19%), Vitamin A: 1419.91IU (28.4%), Vitamin C: 21.59mg (26.17%), Potassium: 652.08mg (18.63%), Vitamin B5: 1.78mg (17.77%), Manganese: 0.31mg (15.45%), Magnesium: 50.63mg (12.66%), Calcium: 119.39mg (11.94%), Vitamin E: 1.78mg (11.86%), Vitamin B2: 0.17mg (10.13%), Iron: 1.53mg (8.52%), Zinc: 1.27mg (8.46%), Copper: 0.16mg (7.96%), Vitamin B1: 0.11mg (7.18%), Folate: 26.96µg (6.74%), Vitamin B12: 0.34µg (5.65%), Fiber: 0.81g (3.24%), Vitamin D: 0.16µg (1.03%)