



Chicken with Artichoke Pesto and Braised Kale with Pink Beans and Ham

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce water-packed artichoke hearts drained canned
- ☐ 1 cup basil leaves packed
- ☐ 2 cloves garlic peeled
- ☐ 1 cup baked ham diced lean
- ☐ 1 pound kale chopped
- ☐ 1 tablespoon lemon and herb seasoning salt-free
- ☐ 0.5 cup chicken broth as needed reduced-sodium

- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 15 ounce pink beans rinsed drained canned
- ☐ 2 tablespoons olive oil
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- ☐ 2 tablespoons pecorino cheese grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 16 ounce chicken breast halves boneless skinless

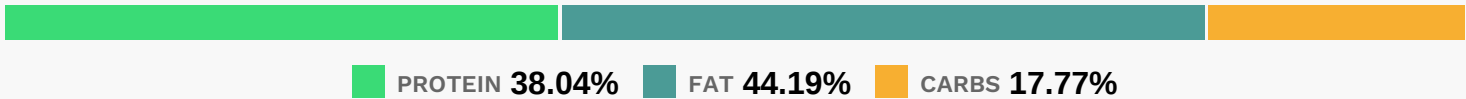
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a large skillet over medium heat. Season chicken all over with salt and black pepper. Season with lemon and herb seasoning.
- ☐ Place in hot pan and cook 3 to 4 minutes per side, until cooked through.
- ☐ Meanwhile, in a blender, combine artichoke hearts, basil, garlic, 1/2 cup chicken broth, oil and cheese. Process until smooth, adding more broth, if necessary, to create a thick sauce.
- ☐ Transfer chicken to a serving platter and top with pesto.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add ham and cook 2 minutes, until golden brown.
- ☐ Add kale, beans and broth, cover and steam 5 minutes, until kale is tender. Season, to taste, with salt and black pepper.
- ☐ Serve kale alongside chicken.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:41.341304146725%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 25.63mg, Quercetin: 25.63mg, Quercetin: 25.63mg, Quercetin: 25.63mg

Nutrients (% of daily need)

Calories: 421.49kcal (21.07%), Fat: 20.83g (32.05%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 10.55g (3.84%), Sugar: 1.81g (2.01%), Cholesterol: 96.87mg (32.29%), Sodium: 1028.53mg (44.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.36g (80.71%), Vitamin K: 475.5µg (452.85%), Vitamin A: 11698.25IU (233.97%), Vitamin C: 131.15mg (158.97%), Vitamin B3: 15.62mg (78.1%), Selenium: 45.92µg (65.61%), Vitamin B6: 1.19mg (59.48%), Manganese: 1.07mg (53.39%), Folate: 186.78µg (46.69%), Phosphorus: 460.69mg (46.07%), Calcium: 393.46mg (39.35%), Vitamin B2: 0.62mg (36.49%), Potassium: 1234.45mg (35.27%), Fiber: 8.3g (33.22%), Vitamin B1: 0.42mg (27.92%), Magnesium: 110.82mg (27.71%), Iron: 4.27mg (23.74%), Vitamin B5: 1.93mg (19.34%), Zinc: 2.55mg (16.97%), Vitamin E: 2.46mg (16.38%), Copper: 0.27mg (13.69%), Vitamin B12: 0.54µg (8.96%), Vitamin D: 0.37µg (2.47%)