

Creamy Pesto Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 large cloves garlic sliced
- ☐ 4 servings ground pepper black to taste
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 cup pinenuts
- ☐ 8 ounce reduced fat cream sour
- ☐ 3.5 tablespoons cooking sherry

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4 chicken breast halves boneless skinless cut into strips

Equipment

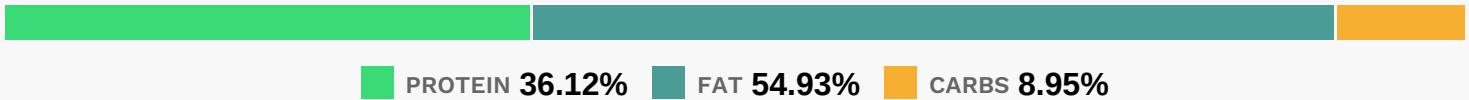
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frying pan

Directions

- ☐ Heat the olive oil in a skillet over medium heat, and cook the chicken for about 5 minutes, until lightly browned.
- ☐ Mix the garlic and sherry into the skillet. Cook and stir until all the liquid has been reduced and the chicken is no longer pink and juices run clear.
- ☐ Mix the pine nuts into the skillet, and cook 2 to 3 minutes over medium heat. Reduce the heat to low, and mix in the basil, sour cream, Parmesan cheese, and pepper. Continue cooking until heated through.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:18.020869498668%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 325.62kcal (16.28%), Fat: 19.3g (29.69%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.63g (2.41%), Sugar: 0.6g (0.66%), Cholesterol: 95.43mg (31.81%), Sodium: 245.31mg (10.67%), Alcohol: 1.35g (100%), Alcohol %: 0.84% (100%), Protein: 28.55g (57.09%), Vitamin B3: 12.26mg (61.31%), Selenium: 39.74µg (56.77%), Vitamin B6: 0.92mg (45.87%), Manganese: 0.88mg (43.78%), Phosphorus: 358.64mg (35.86%), Vitamin K: 19.95µg (19%), Potassium: 627.14mg (17.92%), Vitamin B5: 1.68mg (16.8%), Magnesium: 61.69mg (15.42%), Calcium: 132.49mg (13.25%), Vitamin B2: 0.22mg (12.99%), Zinc: 1.72mg (11.48%), Vitamin E: 1.72mg (11.48%), Vitamin B1: 0.13mg (8.97%), Copper: 0.17mg (8.74%), Vitamin B12: 0.51µg (8.58%), Vitamin A: 413.82IU (8.28%), Iron: 1.15mg

(6.4%), Vitamin C: 3.41mg (4.13%), Folate: 16.13µg (4.03%), Fiber: 0.45g (1.79%), Vitamin D: 0.25µg (1.63%)