



Creamy pesto chicken with roasted tomatoes

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



500 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 4 chicken breasts boneless skinless
- ☐ 3 tbsp pesto homemade (see the recipe in tip section below)
- ☐ 85 g mascarpone cheese
- ☐ 4 tbsp olive oil
- ☐ 100 g breadcrumb
- ☐ 175 g baby tomatoes
- ☐ 1 handful pinenuts
- ☐ 1 handful basil leaves

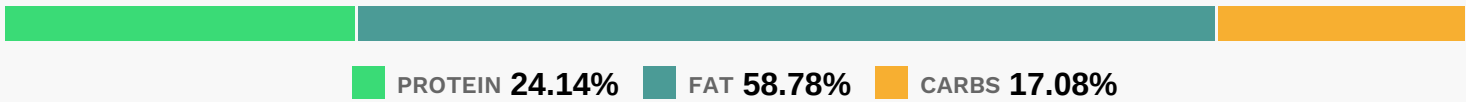
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Use a small sharp knife to make a slit along the side of each chicken breast to form a pocket.
- ☐ Mix together the pesto and mascarpone, then carefully spoon a quarter of the mixture into each chicken breast and smooth over the opening to seal.
- ☐ Brush a little oil, about 1 tsp, all over each chicken breast and season well. Tip the breadcrumbs onto a large plate and season.
- ☐ Place each breast on the plate and press all over with the breadcrumbs.
- ☐ Place in a lightly oiled shallow baking dish along with the tomatoes (kept together on the vine in a couple of bunches).
- ☐ Drizzle over the remaining oil.
- ☐ Cook in the oven for 20–25 mins until the chicken starts to turn golden and is cooked through. Scatter over the pine nuts and cook for 2 mins more.
- ☐ Sprinkle with basil leaves and serve with new potatoes or crusty bread.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:18.210869498875%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 500.17kcal (25.01%), Fat: 32.24g (49.6%), Saturated Fat: 9.57g (59.8%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 19.22g (6.99%), Sugar: 3.07g (3.41%), Cholesterol: 94.47mg (31.49%), Sodium: 433.45mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.58%), Vitamin B3: 13.72mg (68.6%), Selenium: 42.46µg (60.66%), Vitamin B6: 0.91mg (45.63%), Phosphorus: 290.77mg (29.08%), Vitamin B1: 0.33mg (22.09%), Vitamin A: 949.09IU (18.98%), Vitamin B5: 1.79mg (17.89%), Vitamin E: 2.51mg (16.76%), Potassium: 573.9mg (16.4%), Manganese: 0.32mg (16.22%), Vitamin K: 15.97µg (15.21%), Vitamin B2: 0.22mg (13.12%), Magnesium: 45.89mg (11.47%), Iron: 1.92mg (10.65%), Calcium: 104.7mg (10.47%), Folate: 38.26µg (9.56%), Vitamin C: 7.44mg (9.02%), Zinc: 1.11mg (7.42%), Fiber: 1.85g (7.39%), Copper: 0.13mg (6.26%), Vitamin B12: 0.31µg (5.22%)