



Crispy Baked Pesto Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



67 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 0.3 cup mozzarella cheese shredded kraft
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Coat chicken with coating mix; place in 8-inch square baking dish sprayed with cooking spray.
- Bake 20 min. or until done (165F).
- Top with pesto and cheese; bake 5 min. or until cheese is melted.

Nutrition Facts

PROTEIN 42.92% **FAT 56.55%** **CARBS 0.53%**

Properties

Glycemic Index:0.77, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7478261002056%

Nutrients (% of daily need)

Calories: 67.29kcal (3.36%), Fat: 4.11g (6.32%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.04g (0.04%), Cholesterol: 25.32mg (8.44%), Sodium: 43.3mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin B3: 2.83mg (14.16%), Selenium: 7.42µg (10.6%), Vitamin B6: 0.17mg (8.68%), Phosphorus: 62.04mg (6.2%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.38mg (2.56%), Potassium: 89.69mg (2.56%), Vitamin B2: 0.04mg (2.43%), Magnesium: 7.88mg (1.97%), Vitamin B12: 0.11µg (1.86%), Vitamin B1: 0.02mg (1.44%), Iron: 0.25mg (1.4%), Vitamin A: 57.05IU (1.14%)