



Easy Creamy Pesto Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



161 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 tablespoon basil pesto (from 7-oz container)
- ☐ 4 chicken breast boneless skinless
- ☐ 0.3 cup sun-dried olives (from 3.5-oz pouch)

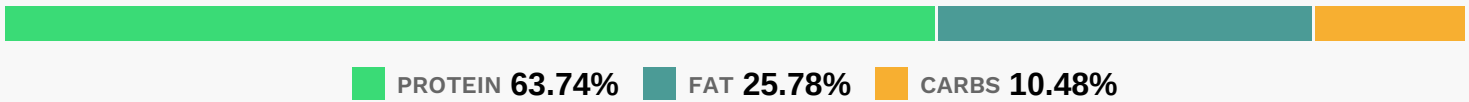
Equipment

- ☐ frying pan

Directions

- ☐ BROWN chicken with 1 T. oil in 10–inch nonstick skillet.
- ☐ COOK chicken 5–7 minutes per side or until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ STIR in cooking sauce and pesto, salt and pepper.
- ☐ TOP with sun–dried tomatoes, and serve with rice.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:12.894347921662%

Nutrients (% of daily need)

Calories: 161.07kcal (8.05%), Fat: 4.52g (6.95%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.7g (3.01%), Cholesterol: 72.62mg (24.21%), Sodium: 173.5mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Vitamin B3: 12.41mg (62.04%), Selenium: 36.54µg (52.2%), Vitamin B6: 0.87mg (43.46%), Phosphorus: 261.77mg (26.18%), Potassium: 653.91mg (18.68%), Vitamin B5: 1.75mg (17.54%), Magnesium: 42.72mg (10.68%), Vitamin B2: 0.15mg (8.62%), Vitamin B1: 0.11mg (7.24%), Manganese: 0.14mg (7.19%), Copper: 0.13mg (6.41%), Iron: 1.06mg (5.92%), Zinc: 0.79mg (5.28%), Vitamin C: 4.05mg (4.91%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.91g (3.62%), Vitamin A: 169.59IU (3.39%), Vitamin K: 3.18µg (3.03%), Folate: 9.19µg (2.3%), Calcium: 19.25mg (1.92%), Vitamin E: 0.22mg (1.44%)