



Grilled Chicken and Tomato Pesto Baguettes

READY IN



15 min.

SERVINGS



4

CALORIES



356 kcal

Ingredients

- ☐ 8.5 ounce crusty baguette whole wheat thin
- ☐ 0.1 teaspoon pepper black
- ☐ 4 curly kale leaves
- ☐ 2.8 ounce swiss cheese low-fat cut in half lengthwise
- ☐ 1 bell pepper red seeded quartered
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup pesto rosso (such as Classico)

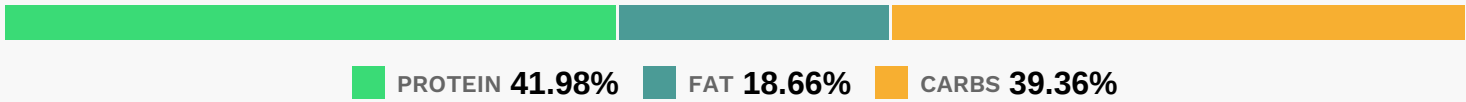
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ meat tenderizer

Directions

- ☐ Prepare grill.
- ☐ Cut baguette in half lengthwise. Hollow out top half of baguette, leaving a 1/2-inch border; reserve torn bread for another use. Set aside.
- ☐ Place chicken breast halves between 2 large sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Flatten bell pepper quarters with hands. Coat chicken breasts and bell pepper quarters with cooking spray; place on grill rack. Cover and grill 8 minutes or until chicken is done and bell peppers are tender, turning once.
- ☐ Place cut sides of baguette halves on grill during last 2 minutes of grilling to lightly toast.
- ☐ Cut each chicken breast in half crosswise.
- ☐ Spread both cut halves of baguette evenly with pesto. Top bottom half with lettuce leaves, chicken breast halves, bell pepper quarters, and cheese slices.
- ☐ Place top half of baguette on top of cheese.
- ☐ Cut crosswise into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:20.26, Inflammation Score:-9, Nutrition Score:25.715652201487%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin:

0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 355.85kcal (17.79%), Fat: 7.19g (11.07%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 31.56g (11.48%), Sugar: 5.69g (6.32%), Cholesterol: 80.76mg (26.92%), Sodium: 836.38mg (36.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.84%), Vitamin B3: 14.93mg (74.63%), Selenium: 49.29µg (70.41%), Vitamin B6: 1.03mg (51.38%), Vitamin C: 41.36mg (50.14%), Vitamin A: 2169.7IU (43.39%), Phosphorus: 427.47mg (42.75%), Vitamin B1: 0.45mg (30.23%), Calcium: 282.31mg (28.23%), Vitamin B2: 0.42mg (24.42%), Folate: 89.39µg (22.35%), Vitamin K: 21.96µg (20.92%), Vitamin B5: 1.96mg (19.58%), Manganese: 0.37mg (18.72%), Potassium: 608.06mg (17.37%), Iron: 2.97mg (16.51%), Magnesium: 57.86mg (14.46%), Zinc: 2.01mg (13.39%), Fiber: 2.59g (10.36%), Vitamin B12: 0.56µg (9.34%), Vitamin E: 0.91mg (6.04%), Copper: 0.12mg (5.95%)