



Grilled Chicken with Arugula Pesto



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula leaves fresh packed
- ☐ 0.5 cup basil leaves fresh packed
- ☐ 1 clove garlic minced grated
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 small pieces chicken breast boneless skinless (tenders removed)
- ☐ 0.3 cup slivered almonds shelled sliced

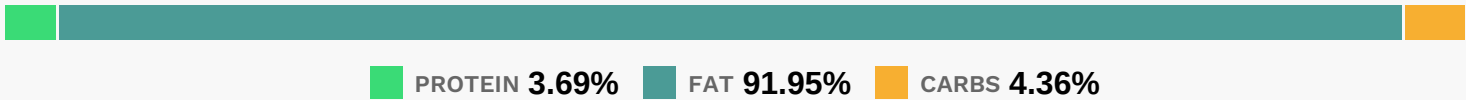
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a grill pan to high.
- ☐ Toast the nuts lightly in small skillet over low heat, then add them to a food processor.
- ☐ Add the arugula, basil, lemon juice, garlic, and salt and pepper, to taste, and pulse to combine.
- ☐ With the processor on, stream in the extra-virgin olive oil to form thick pesto.
- ☐ Lightly pound out the chicken, then rub all sides with the pesto. Spray the grill pan with cooking spray or rub with a little oil and grill the chicken 2 to 4 minutes on each side.
- ☐ Serve sliced on top of Caesar Spaghetti or, pile it onto ciabatta bread with sliced tomatoes and mozzarella for an outta-sight sammy.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:5.2826086972719%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg

0.39mg, Isorhamnetin: 0.39mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg,
Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 203.48kcal (10.17%), Fat: 21.46g (33.02%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 2.29g (0.76%),
Net Carbohydrates: 1.27g (0.46%), Sugar: 0.51g (0.56%), Cholesterol: 0.64mg (0.21%), Sodium: 3.24mg (0.14%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin E: 4.37mg (29.16%), Vitamin K: 28.91µg
(27.54%), Manganese: 0.23mg (11.53%), Magnesium: 23.34mg (5.83%), Vitamin A: 278.11IU (5.56%), Vitamin B2:
0.09mg (5.06%), Copper: 0.09mg (4.47%), Fiber: 1.02g (4.1%), Phosphorus: 40.45mg (4.05%), Vitamin C: 2.99mg
(3.62%), Calcium: 33.72mg (3.37%), Iron: 0.55mg (3.05%), Folate: 10.69µg (2.67%), Potassium: 88.86mg (2.54%),
Vitamin B3: 0.4mg (2%), Zinc: 0.28mg (1.84%), Vitamin B6: 0.04mg (1.82%), Vitamin B1: 0.02mg (1.35%), Selenium:
0.74µg (1.05%)