



## Grilled Chicken with Spinach and Pine Nut Pesto

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ounces lightly baby spinach leaves packed
- 2 chicken breasts boneless
- 2 tablespoons juice of lemon fresh
- 1 teaspoons lemon zest grated
- 0.3 cup olive oil
- 0.3 cup parmesan freshly grated
- 0.3 cup pinenuts toasted

4 servings salt and pepper black freshly ground

## Equipment

bowl

grill

grill pan

## Directions

Watch how to make this recipe.

Heat a grill pan on medium high heat. Lightly oil the grill pan.

Sprinkle the chicken with salt and pepper. Grill the chicken until cooked through, about 5 minutes per side.

Combine the spinach, pine nuts, lemon juice, and lemon peel in a processor. Lightly pulse. With the machine running, gradually add 1/3 cup of the oil, blending until the mixture is creamy.

Add salt and pulse. Put half of the pesto into ice cube trays and store in the freezer for future use.

Transfer the rest of the spinach mixture to a medium bowl. Stir in the Parmesan. Season the pesto with salt and pepper, to taste.

Spread the pesto over each piece of chicken and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:22.30086947524%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg

Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 382.79kcal (19.14%), Fat: 28.93g (44.51%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.64g (0.71%), Cholesterol: 77.99mg (26%), Sodium: 276.43mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.15%), Vitamin K: 84.38µg (80.36%), Vitamin B3: 12.29mg (61.46%), Selenium: 38.25µg (54.65%), Manganese: 0.9mg (45.1%), Vitamin B6: 0.89mg (44.71%), Phosphorus: 351.41mg (35.14%), Vitamin A: 1431.84IU (28.64%), Vitamin E: 3.91mg (26.09%), Vitamin B5: 1.7mg (16.96%), Magnesium: 66.12mg (16.53%), Potassium: 565.27mg (16.15%), Calcium: 121.44mg (12.14%), Vitamin B2: 0.19mg (11.08%), Vitamin C: 8.95mg (10.85%), Zinc: 1.51mg (10.07%), Folate: 37.05µg (9.26%), Copper: 0.17mg (8.3%), Iron: 1.46mg (8.1%), Vitamin B1: 0.12mg (7.97%), Vitamin B12: 0.33µg (5.43%), Fiber: 0.72g (2.9%), Vitamin D: 0.15µg (1.03%)