



## Italian Chicken with Pesto Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 2 tablespoons basil pesto prepared
- ☐ 1 pint cherry tomatoes
- ☐ 4 slices parma ham
- ☐ 4.5 ounces mozzarella cheese sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 pound potatoes
- ☐ 4 servings salt and pepper to taste

☐ 4 chicken breast halves boneless skinless

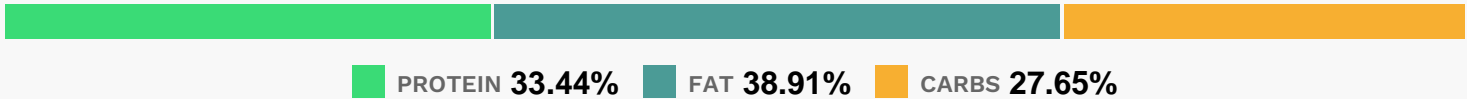
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a saucepan, bring the vinegar to a boil. Reduce heat, and simmer 15 minutes, stirring frequently, until thickened.
- ☐ Cut a pocket in each chicken breast. Fill each pocket with an equal amount of mozzarella cheese, and season with salt and pepper. Wrap each chicken breast with a slice of ham. Arrange the wrapped chicken breasts in a baking dish.
- ☐ Place the tomatoes around the chicken, sprinkle all with olive oil, and season with salt and pepper.
- ☐ Bake 25 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
- ☐ In a saucepan with enough lightly salted water to cover, boil the potatoes 15 minutes, or until tender.
- ☐ Drain, return to the pan, and coat with the pesto.
- ☐ Place chicken breasts, tomatoes, and potatoes on serving plates, and drizzle with the reduced balsamic vinegar to serve.

## Nutrition Facts



## Properties

Glycemic Index:40.19, Glycemic Load:18.76, Inflammation Score:-8, Nutrition Score:27.263912791791%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 503.19kcal (25.16%), Fat: 21.26g (32.7%), Saturated Fat: 7.52g (47%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 30.55g (11.11%), Sugar: 11.55g (12.83%), Cholesterol: 115.48mg (38.49%), Sodium: 958.21mg (41.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.11g (82.22%), Vitamin B3: 14.89mg (74.46%), Selenium: 48.87µg (69.81%), Vitamin B6: 1.39mg (69.63%), Vitamin C: 50.67mg (61.41%), Phosphorus: 516.97mg (51.7%), Potassium: 1311.33mg (37.47%), Vitamin B1: 0.38mg (25.56%), Vitamin B5: 2.27mg (22.71%), Calcium: 220.43mg (22.04%), Magnesium: 83.55mg (20.89%), Vitamin A: 981.42IU (19.63%), Manganese: 0.39mg (19.56%), Vitamin B2: 0.33mg (19.26%), Vitamin B12: 1.13µg (18.87%), Zinc: 2.77mg (18.46%), Iron: 2.9mg (16.11%), Copper: 0.28mg (14.05%), Fiber: 3.44g (13.77%), Vitamin E: 1.55mg (10.36%), Folate: 41.11µg (10.28%), Vitamin K: 8.53µg (8.13%), Vitamin D: 0.44µg (2.91%)