



Mozzarella Pesto Stuffed Chicken Breasts

READY IN



55 min.

SERVINGS



4

CALORIES



753 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil fresh packed
- ☐ 2 tablespoons pinenuts
- ☐ 1 clove garlic
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 chicken breast boneless skinless
- ☐ 1 cup basil pesto homemade
- ☐ 4 slices mozzarella cheese (1/)
- ☐ 1 cup breadcrumbs plain

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 1 serving frangelico

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ If using Homemade Pesto, place basil and pine nuts in food processor. Cover; process a few times with on-and-off pulses.
- ☐ Add garlic; pulse a few times. Slowly add oil in stream while processor is running, stopping to scrape down sides of processor with rubber spatula.
- ☐ Add Parmesan cheese; pulse until blended.
- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ To butterfly each chicken breast, start at long side and cut in half horizontally, cutting almost but not completely through. Open chicken and flatten to resemble butterfly shape.
- ☐ Spread 1/4 cup Homemade Pesto onto each chicken breast; top each with 1 slice mozzarella cheese. Wrap chicken around cheese; secure with toothpicks.
- ☐ In large bowl, mix bread crumbs, salt and pepper. Coat chicken with bread crumbs; place in baking dish.
- ☐ Bake 30 to 40 minutes or until chicken is no longer pink in center.
- ☐ Cut into slices to serve.

Nutrition Facts



 PROTEIN **21.53%**  FAT **63.81%**  CARBS **14.66%**

Properties

Glycemic Index:39.75, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:26.300869495972%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 753.34kcal (37.67%), Fat: 53.07g (81.64%), Saturated Fat: 12.28g (76.78%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 24.8g (9.02%), Sugar: 4.16g (4.63%), Cholesterol: 106.91mg (35.64%), Sodium: 1813.84mg (78.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.58%), Selenium: 50.88µg (72.69%), Vitamin B3: 13.9mg (69.49%), Vitamin K: 56.28µg (53.6%), Phosphorus: 469.03mg (46.9%), Vitamin B6: 0.92mg (46.05%), Manganese: 0.87mg (43.37%), Calcium: 386.98mg (38.7%), Vitamin A: 1868.19IU (37.36%), Vitamin B1: 0.37mg (24.43%), Vitamin B2: 0.35mg (20.49%), Vitamin B5: 1.87mg (18.66%), Vitamin B12: 1.08µg (17.98%), Zinc: 2.62mg (17.48%), Magnesium: 67.02mg (16.76%), Potassium: 565.21mg (16.15%), Iron: 2.78mg (15.44%), Vitamin E: 1.97mg (13.12%), Fiber: 2.63g (10.52%), Folate: 41.78µg (10.45%), Copper: 0.2mg (10.21%), Vitamin C: 2.71mg (3.28%), Vitamin D: 0.27µg (1.79%)