



Pesto Cheesy Chicken Rolls

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



454 kcal

Ingredients

- ☐ 1 cup basil pesto prepared
- ☐ 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 4 slices mozzarella cheese thick

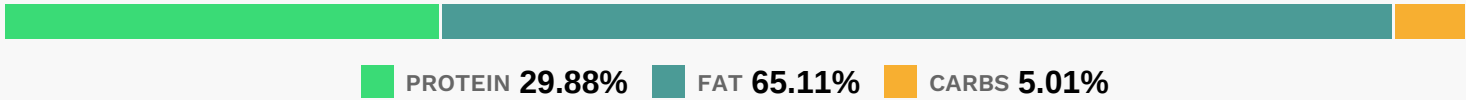
Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Spray a baking dish with cooking spray.
- ☐ Spread 2 to 3 tablespoons of the pesto sauce onto each flattened chicken breast.
- ☐ Place one slice of cheese over the pesto.
- ☐ Roll up tightly, and secure with toothpicks.
- ☐ Place in a lightly greased baking dish.
- ☐ Bake uncovered for 45 to 50 minutes in the preheated oven, until chicken is nicely browned and juices run clear.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:15.083043572695%

Nutrients (% of daily need)

Calories: 453.76kcal (22.69%), Fat: 32.2g (49.54%), Saturated Fat: 8.34g (52.09%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.28g (2.53%), Cholesterol: 99.66mg (33.22%), Sodium: 888.43mg (38.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.49%), Vitamin B3: 11.82mg (59.08%), Selenium: 40.98µg (58.54%), Vitamin B6: 0.86mg (42.84%), Phosphorus: 337.6mg (33.76%), Vitamin A: 1475.35IU (29.51%), Calcium: 248.55mg (24.86%), Vitamin B5: 1.65mg (16.5%), Vitamin B12: 0.87µg (14.53%), Potassium: 439.63mg (12.56%), Vitamin B2: 0.19mg (11.36%), Zinc: 1.48mg (9.88%), Magnesium: 35.05mg (8.76%), Vitamin B1: 0.08mg (5.39%), Iron: 0.9mg (5.01%), Fiber: 0.99g (3.97%), Vitamin E: 0.27mg (1.79%), Copper: 0.03mg (1.68%), Vitamin C: 1.36mg (1.64%), Folate: 6.5µg (1.63%), Vitamin D: 0.23µg (1.51%), Manganese: 0.03mg (1.27%)