



Pesto Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



28 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 0.3 cup grey poupon dijon mustard
- 0.5 cup mozzarella cheese shredded divided kraft
- 1 lb chicken breasts boneless skinless

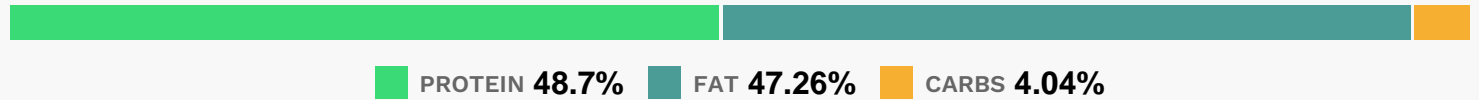
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Mix 1/4 cup cheese, pesto and mustard until blended.
- Place chicken in 13x9-inch baking dish; top with pesto mixture and remaining cheese.
- Bake 20 to 25 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5486956497897%

Nutrients (% of daily need)

Calories: 27.51kcal (1.38%), Fat: 1.41g (2.17%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.1g (0.11%), Cholesterol: 9.7mg (3.23%), Sodium: 61.19mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Selenium: 5.02µg (7.18%), Vitamin B3: 1.36mg (6.82%), Vitamin B6: 0.1mg (4.94%), Phosphorus: 34.8mg (3.48%), Vitamin B5: 0.19mg (1.92%), Potassium: 51.83mg (1.48%), Calcium: 12.7mg (1.27%), Magnesium: 4.54mg (1.14%), Vitamin B2: 0.02mg (1.1%), Vitamin B12: 0.06µg (1.04%), Vitamin A: 51.68IU (1.03%)