



Pesto-Chicken Cheesecakes

READY IN



45 min.

SERVINGS



4

CALORIES



674 kcal

Ingredients

- ☐ 4 servings garnish: chives fresh chopped
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 16 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose divided
- ☐ 4 servings salad greens mixed
- ☐ 3 tablespoons pesto
- ☐ 8 ounce cup heavy whipping cream sour

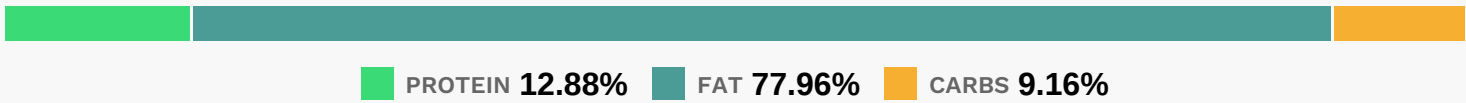
Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until smooth.
- ☐ Add eggs, 2 tablespoons flour, and Pesto, beating until blended. Stir in chicken.
- ☐ Pour into 4 (4-inch) springform pansM1
- ☐ Bake at 325 for 20 minutes. Stir together remaining 1 tablespoon flour and sour cream.
- ☐ Spread over cheesecakes, and bake 10 more minutes. Cool on a wire rack 10 minutes. Gently run a knife around edges of cheesecakes, and release sides.
- ☐ Serve hot or cold atop salad greens.
- ☐ Garnish, if desired.
- ☐ * 1 cup prepared pesto may be substituted for homemade.
- ☐ Note: Cheesecake mixture may be baked in a 9-inch springform pan.
- ☐ Add 5 minutes to the initial baking time, and an additional 5 minutes after adding the flour and sour cream.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:4.8, Inflammation Score:-9, Nutrition Score:15.21130421369%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 674.07kcal (33.7%), Fat: 58.96g (90.71%), Saturated Fat: 30.78g (192.39%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 15.23g (5.54%), Sugar: 6.68g (7.43%), Cholesterol: 268.13mg (89.38%), Sodium: 551.13mg (23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.83%), Vitamin A: 2750.25IU (55.01%), Selenium: 30.21µg (43.16%), Vitamin B2: 0.57mg (33.57%), Phosphorus: 303.38mg (30.34%), Calcium: 210.54mg (21.05%), Vitamin B3: 3.49mg (17.46%), Vitamin B5: 1.64mg (16.36%), Vitamin B6: 0.31mg (15.43%), Folate: 53.25µg (13.31%), Vitamin C: 10.37mg (12.57%), Potassium: 412.99mg (11.8%), Zinc: 1.74mg (11.58%), Vitamin B12: 0.69µg (11.54%), Vitamin E: 1.46mg (9.72%), Iron: 1.62mg (9%), Vitamin B1: 0.13mg (8.4%), Magnesium: 32.28mg (8.07%), Manganese: 0.13mg (6.63%), Vitamin K: 5.45µg (5.19%), Copper: 0.1mg (4.91%), Vitamin D: 0.5µg (3.33%), Fiber: 0.36g (1.43%)