



Pesto Chicken Spirals

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.5 cups basil leaves
- ☐ 0.8 teaspoon pepper black divided
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 tablespoons less-sodium chicken broth fat-free
- ☐ 1.5 cups flat-leaf parsley fresh chopped
- ☐ 6 garlic cloves crushed
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 teaspoon salt divided
- ☐ 12 chicken thighs boneless skinless

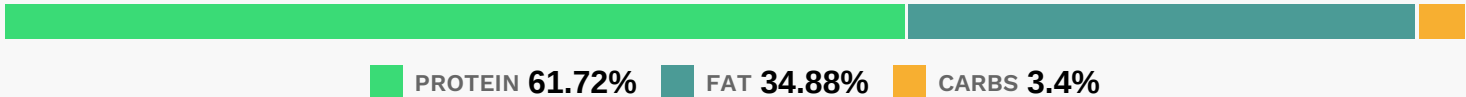
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ To prepare pesto, combine oil and garlic in a microwave-safe bowl. Microwave at HIGH 40 seconds.
- ☐ Combine garlic mixture, 1 1/2 cups basil, parsley, cheese, chicken broth, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a food processor; process until finely chopped.
- ☐ To prepare chicken, spread 1 teaspoon pesto down center of each thigh, leaving a 1/4-inch border on short ends.
- ☐ Roll up jelly-roll fashion, starting with a short end; secure with a toothpick.
- ☐ Sprinkle rolls evenly with 3/4 teaspoon salt and 1/2 teaspoon pepper; arrange rolls 1/2 inch apart, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 375 30 minutes or until a thermometer registers 170, turning rolls after 15 minutes. Cool and transfer to a serving container using a slotted spoon. Cover and refrigerate overnight.
- ☐ Remove toothpicks; cut each roll crosswise into 1/4-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:26.627825863821%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 299.82kcal (14.99%), Fat: 11.28g (17.35%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.19g (0.21%), Cholesterol: 216.15mg (72.05%), Sodium: 647.27mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.8%), Vitamin K: 278.75µg (265.47%), Selenium: 52.24µg (74.63%), Vitamin B3: 12.93mg (64.63%), Vitamin B6: 1.07mg (53.42%), Phosphorus: 450.77mg (45.08%), Vitamin A: 1650.39IU (33.01%), Vitamin B5: 2.82mg (28.17%), Vitamin C: 21.97mg (26.63%), Vitamin B2: 0.43mg (25.28%), Zinc: 3.76mg (25.04%), Vitamin B12: 1.48µg (24.65%), Potassium: 674.49mg (19.27%), Iron: 3.03mg (16.83%), Magnesium: 65.14mg (16.29%), Vitamin B1: 0.23mg (15.03%), Manganese: 0.21mg (10.7%), Copper: 0.19mg (9.31%), Folate: 36.2µg (9.05%), Calcium: 73.38mg (7.34%), Vitamin E: 0.77mg (5.15%), Fiber: 0.72g (2.87%)