



Pesto Chicken Zoodles

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



286 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 tsp cajun spice
- 16 oz chicken breast sliced for the week to save time! (batch cook chicken)
- 0.8 cup basil fresh
- 0.8 cup basil fresh
- 1 clove garlic peeled
- 1 Tbsp garlic salt
- 0.5 cup olive oil separated (into 2 -)
- 1 Tbsp parmesan cheese grated

- 3 servings salt and pepper to taste
- 2 large zucchini

Equipment

- food processor
- frying pan
- sauce pan
- tongs

Directions

- To get started, place 1/4 cup of olive oil into a medium saucepan and allow to heat on medium heat. Once warm, place zucchini in pan and then sprinkle with garlic salt and cajun seasoning. Toss with tongs to get all of the zucchini coated with oil and seasoning. Cover with a lid and steam for two to three minutes.
- Remove lid, toss zucchini noodles again and then cover for another 2 minutes.
- Remove from heat. In the mean time, place the basil, garlic, and grated parmesan cheese into a food processor. Slowly add the olive oil, and then set to the side.
- Add zucchini noodles, pesto, and chicken to a medium dish and toss until everything is fully coated.
- Serve immediately. This is seriously, SO GOOD! If you are looking for more healthy recipes like this Pesto Chicken Zoodles recipe, check out the Simple Fit Forty Section of this blog, or consider joining our secret Facebook group where we share all things healthy. If you are not making this TODAY, then make sure you pin this for later! It's a keeper. JOIN 500,000 SUBSCRIBERS! Join over 500,000 others who follow Pink
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Nutrition Facts

PROTEIN 49.84% **FAT 39.06%** **CARBS 11.1%**

Properties

Glycemic Index:66.67, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:28.377826086957%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Taste

Sweetness: 18.88%, Saltiness: 100%, Sourness: 17.58%, Bitterness: 23.98%, Savoriness: 54.5%, Fattiness: 61.84%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 286.05kcal (14.3%), Fat: 12.45g (19.16%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 5.33g (1.94%), Sugar: 5.51g (6.12%), Cholesterol: 98.22mg (32.74%), Sodium: 2742.37mg (119.23%), Protein: 35.75g (71.5%), Vitamin B3: 16.93mg (84.67%), Vitamin B6: 1.53mg (76.61%), Selenium: 49.63µg (70.9%), Vitamin K: 64.36µg (61.29%), Vitamin C: 42.84mg (51.92%), Phosphorus: 420.57mg (42.06%), Potassium: 1182mg (33.77%), Vitamin A: 1501.15IU (30.02%), Manganese: 0.58mg (28.92%), Vitamin B5: 2.65mg (26.5%), Vitamin B2: 0.38mg (22.29%), Magnesium: 88.01mg (22%), Folate: 66.39µg (16.6%), Vitamin B1: 0.2mg (13.52%), Vitamin E: 1.91mg (12.74%), Zinc: 1.79mg (11.91%), Iron: 1.98mg (11.03%), Copper: 0.21mg (10.61%), Fiber: 2.63g (10.54%), Calcium: 83.18mg (8.32%), Vitamin B12: 0.32µg (5.41%), Vitamin D: 0.16µg (1.06%)