



Pesto-Crusted Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves skinless with bones
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 4 servings lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 7 ounce purchased pesto refrigerated
- ☐ 0.5 cup walnuts chopped

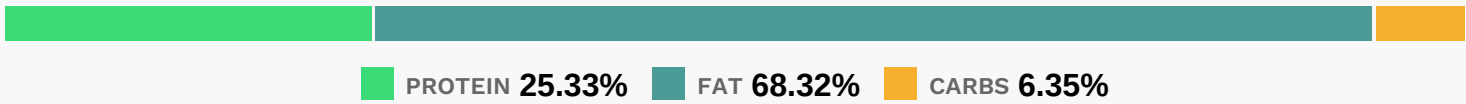
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F. Blend pesto, chopped walnuts, 2 tablespoons lemon juice, and grated lemon peel in processor just until combined.
- ☐ Place chicken on large rimmed baking sheet. Coat all of chicken with pesto mixture.
- ☐ Drizzle with oil.
- ☐ Bake chicken until cooked through, about 30 minutes.
- ☐ Transfer chicken to platter. Tent with foil.
- ☐ Strain pan juices into small bowl, pressing on solids in strainer to extract as much liquid as possible.
- ☐ Whisk in remaining 2 tablespoons lemon juice. Season sauce to taste with salt and pepper. Spoon sauce over chicken.
- ☐ Garnish with lemon wedges and serve.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:16.080869591754%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 451.23kcal (22.56%), Fat: 34.36g (52.86%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 5.28g (1.92%), Sugar: 2.39g (2.66%), Cholesterol: 76.29mg (25.43%), Sodium: 595.51mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Vitamin B3: 11.97mg (59.83%), Selenium: 36.9µg (52.71%), Vitamin B6: 0.93mg (46.67%), Phosphorus: 289.32mg (28.93%), Manganese: 0.52mg (25.92%), Vitamin A: 1038.37IU (20.77%), Vitamin B5: 1.72mg (17.17%), Potassium: 500.26mg (14.29%), Magnesium: 53.54mg (13.39%), Copper: 0.27mg (13.31%), Vitamin C: 8.53mg (10.33%), Calcium: 101.72mg (10.17%), Vitamin B1: 0.13mg (8.43%), Vitamin B2: 0.14mg (8.11%), Fiber: 1.9g (7.6%), Zinc: 1.12mg (7.44%), Iron: 1.17mg (6.52%), Vitamin E: 0.85mg (5.64%), Folate: 22.03µg (5.51%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 2.73µg (2.6%)