



Pesto Parmesan Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 3 tablespoons basil pesto
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup panko bread crumbs plain crispy
- ☐ 0.5 cup asiago cheese shredded finely
- ☐ 1 leaves basil fresh

Equipment

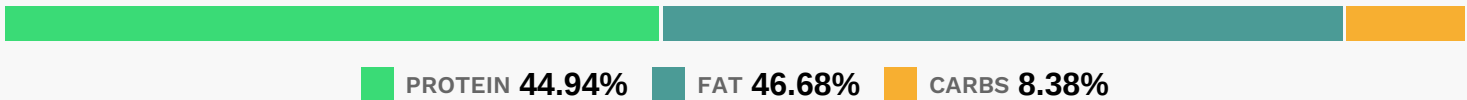
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 400°F. Line baking sheet with foil; spray with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2-inch thick.
- ☐ In shallow dish, mix together pesto and mayonnaise. In another shallow dish. mix together bread crumbs and cheese. Dip chicken into pesto mixture then dip in panko mixture.
- ☐ Place on baking sheet.
- ☐ Bake 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165°F) and coating is golden brown.
- ☐ Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:17.238695797713%

Nutrients (% of daily need)

Calories: 331.38kcal (16.57%), Fat: 16.7g (25.69%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.22g (2.26%), Sugar: 0.97g (1.07%), Cholesterol: 103.06mg (34.35%), Sodium: 569.22mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.35%), Vitamin B3: 15.32mg (76.58%), Selenium: 50.22µg (71.75%), Vitamin B6: 1.08mg (54.14%), Phosphorus: 398.33mg (39.83%), Vitamin B5: 2.13mg (21.3%), Calcium: 187.71mg (18.77%), Potassium: 552.43mg (15.78%), Vitamin B2: 0.21mg (12.64%), Vitamin K: 12.92µg (12.3%), Magnesium: 45.73mg (11.43%), Vitamin B1: 0.17mg (11.26%), Zinc: 1.29mg (8.57%), Vitamin B12: 0.47µg (7.8%), Vitamin A: 378.09IU (7.56%), Iron: 1.07mg (5.96%), Manganese: 0.09mg (4.73%), Folate: 15µg (3.75%), Vitamin E: 0.53mg (3.56%), Copper: 0.06mg (3.16%), Vitamin C: 1.72mg (2.09%), Fiber: 0.52g (2.08%), Vitamin D: 0.22µg (1.45%)