



Pesto-Parmesan Crusted Grilled Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon garlic finely chopped
- 0.5 cup panko bread crumbs
- 0.5 cup basil pesto
- 3 tablespoons parmesan cheese grated
- 33 oz skin-on chicken breasts bone-in
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

Equipment

- bowl
- frying pan
- grill

Directions

- Heat gas or charcoal grill. In 10-inch skillet, heat oil over medium-high heat. Cook garlic in oil about 30 seconds, stirring constantly, until fragrant.
- Add bread crumbs. Cook 2 to 3 minutes, stirring frequently, until toasted.
- Remove crumb mixture to small bowl. Stir pesto and Parmesan cheese into bowl with crumbs.
- Loosen skin on chicken to form a pocket, without detaching skin completely. Fill each pocket with pesto mixture.
- Sprinkle with salt and pepper.
- Place chicken on grill, skin side down, over medium-low heat. Cover grill; cook 10 minutes, moving occasionally as needed to avoid burning the skin. Turn chicken; spoon any remaining pesto over chicken. Cook 10 to 15 minutes longer or until juice of chicken is clear when thickest part is cut to bone (170°F).

Nutrition Facts

PROTEIN 33.54% **FAT 59.65%** **CARBS 6.81%**

Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:17.145652368017%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 519.58kcal (25.98%), Fat: 33.73g (51.9%), Saturated Fat: 8.12g (50.74%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 7.79g (2.83%), Sugar: 1.47g (1.63%), Cholesterol: 125.49mg (41.83%), Sodium: 673.82mg (29.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.34%), Vitamin B3: 19.05mg (95.23%), Vitamin B6: 1.01mg (50.67%), Selenium: 34.38µg (49.11%), Phosphorus: 363.06mg (36.31%), Vitamin A: 813.45IU

(16.27%), Vitamin B5: 1.56mg (15.64%), Magnesium: 51.72mg (12.93%), Vitamin B1: 0.19mg (12.87%), Potassium: 437.97mg (12.51%), Vitamin B2: 0.2mg (11.96%), Calcium: 119.4mg (11.94%), Vitamin B12: 0.71µg (11.88%), Zinc: 1.78mg (11.86%), Iron: 1.99mg (11.05%), Vitamin E: 1.04mg (6.91%), Manganese: 0.13mg (6.73%), Vitamin D: 0.77µg (5.11%), Copper: 0.1mg (4.88%), Folate: 15.78µg (3.94%), Fiber: 0.88g (3.52%), Vitamin K: 2.88µg (2.75%)