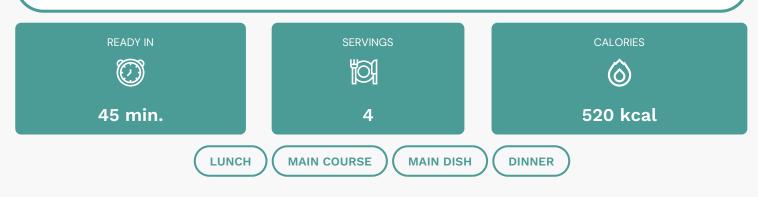


Pesto-Parmesan Crusted Grilled Chicken



Ingredients

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

Equipment	
	bowl
	frying pan
	grill
Diı	rections
	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 (170F).
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: 0.0

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: Og (100%), Alcohol %: O% (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%)