



Spinach Pesto Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



160 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 tablespoons basil pesto to taste
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1.5 cups pkt spinach fresh finely chopped

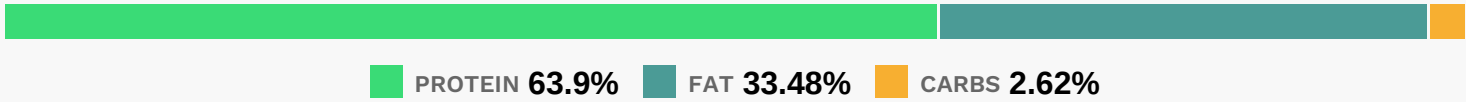
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Mix the spinach and pesto together in a bowl; spread half the mixture into the bottom of a glass baking dish.
- ☐ Place the chicken breasts onto the spinach mixture; top with the rest of the mixture. Cover the dish with aluminum foil.
- ☐ Bake in the preheated oven until the chicken is no longer pink in the center and the juices run clear, about 30 minutes. Uncover and sprinkle the Parmesan cheese. Return to the oven and bake until the cheese has begun to melt and brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:15.196086925009%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 160.43kcal (8.02%), Fat: 5.75g (8.84%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.29g (0.32%), Cholesterol: 72.92mg (24.31%), Sodium: 210.09mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.34%), Vitamin B3: 11.87mg (59.34%), Vitamin K: 54.56µg (51.97%), Selenium: 36.27µg (51.82%), Vitamin B6: 0.87mg (43.42%), Vitamin A: 1240.01IU (24.8%), Phosphorus: 242.81mg (24.28%), Vitamin B5: 1.62mg (16.18%), Potassium: 480.88mg (13.74%), Magnesium: 38.27mg (9.57%), Vitamin B2: 0.13mg (7.9%), Folate: 26.34µg (6.59%), Manganese: 0.12mg (5.89%), Vitamin C: 4.52mg (5.48%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.71mg (4.77%), Iron: 0.77mg (4.26%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.44mg (2.95%), Calcium: 28.86mg (2.89%), Copper: 0.05mg (2.26%), Fiber: 0.37g (1.47%)