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Chicken Pesto Salad ♦♦

A refreshing salad made with grilled chicken and fresh pesto sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Chicken Breasts
30 g	basil leaves
50 g	Parmesan Cheese
30 g	Pine Nuts
10 g	garlic cloves
60 ml	olive oil
30 ml	lemon juice

5 g	salt
3 g	pepper
200 g	mixed salad greens
150 g	Cherry Tomatoes
50 g	red onion
100 g	cucumbers

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blending

In a food processor, combine basil, Parmesan cheese, pine nuts, garlic, olive oil, lemon juice, salt, and pepper. Blend until smooth to make the pesto sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the chicken breasts for 5-6 minutes per side or until cooked through. Let them rest for a few minutes before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Mixing

In a large bowl, combine the mixed salad greens, cherry tomatoes, red onion, and cucumbers. Toss with the pesto sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Divide the salad into individual plates and top with sliced grilled chicken. Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer

Cuisines

French

Japanese

Mediterranean

Middle Eastern

Difficulty Level

Easy

Medium

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Salads

Sauces & Dressings

Meal Type

Lunch

Snack

Supper

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