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Chicken Pesto ♦♦

A delicious chicken dish with a flavorful pesto sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
50 g	basil leaves
30 g	Pine Nuts
10 g	garlic cloves
50 g	Parmesan Cheese
100 ml	olive oil
5 g	salt

2 g	black pepper
300 g	Pasta

Directions

Step 1

Blending

Prepare the pesto sauce by blending basil leaves, pine nuts, garlic cloves, Parmesan cheese, olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Marinating

Marinate the chicken breasts with the pesto sauce for 15 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the chicken breasts until cooked through, about 10 minutes per side.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Boiling

Cook the pasta according to package instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serving

Serve the grilled chicken with the cooked pasta.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	2 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	5 g	22.73%	29.41%
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	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	10 mg	66.67%	66.67%
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	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Indian

French

Middle Eastern

Kitchen Tools

Slow Cooker

Blender

Mixer

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Cultural

Chinese New Year

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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