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One-Pan Pesto Chicken ♦

One-Pan Pesto Chicken is a delicious and easy-to-make chicken dish that is perfect for a quick weeknight dinner. The chicken is cooked in a flavorful pesto sauce and served with your choice of side dish. It's a crowd-pleaser and can be enjoyed by everyone.

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
100 g	pesto sauce
2 tbsp	Olive oil
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in an oven-safe skillet over medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cooking

Add the chicken breasts to the skillet and cook for 3-4 minutes on each side until browned.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Spread pesto sauce over the chicken breasts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

Transfer the skillet to the preheated oven and bake for 15-20 minutes until the chicken is cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Resting

Remove from the oven and let the chicken rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 35 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Low Sodium

High Iron

High Calcium

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Brunch

Difficulty Level

Medium

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