



Almond-crusted Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups almonds sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon brandy
- ☐ 4 servings canola oil for frying
- ☐ 5 tablespoons cornstarch divided
- ☐ 2 large eggs
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons soya sauce

☐ 3 boned

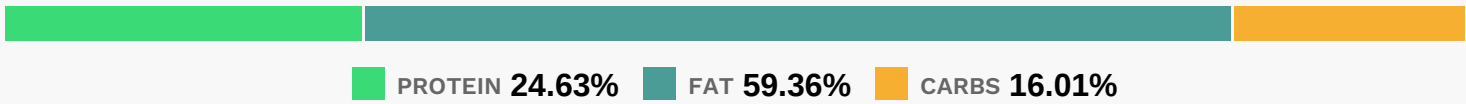
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Trim fat from chicken breasts and cut each into 4 pieces. With a mallet, pound each piece between 2 sheets of plastic wrap to an even 1/4 to 1/2 in. thick.
- ☐ In a bowl, combine salt, soy sauce, 2 tbsp. cornstarch, the brandy, baking soda, and 2 tbsp. water.
- ☐ Add chicken and stir to coat.
- ☐ Let sit 5 minutes.
- ☐ Transfer chicken to a plate. In the same bowl, stir in remaining 3 tbsp. cornstarch and the eggs until well blended.
- ☐ Mix in chicken to coat.
- ☐ In a 12-in. frying pan, heat 1/2 in. oil over medium-high heat.
- ☐ Spread almonds on a cutting board. Press chicken into nuts, coating both sides evenly, then lay chicken in oil. Cook until browned, turning once, 4 to 8 minutes total.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:28.474782539451%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 532.83kcal (26.64%), Fat: 36.07g (55.5%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 14.59g (5.31%), Sugar: 2.64g (2.94%), Cholesterol: 147.24mg (49.08%), Sodium: 730.36mg (31.75%), Alcohol: 0.42g (100%), Alcohol %: 0.27% (100%), Protein: 33.67g (67.35%), Vitamin E: 15.63mg (104.22%), Manganese: 1.35mg (67.74%), Vitamin B3: 11.06mg (55.29%), Selenium: 37.46µg (53.51%), Phosphorus: 509.3mg (50.93%), Vitamin B2: 0.86mg (50.54%), Magnesium: 181.79mg (45.45%), Vitamin B6: 0.76mg (38.1%), Copper: 0.64mg (32.13%), Fiber: 7.3g (29.21%), Potassium: 776.29mg (22.18%), Vitamin B5: 1.87mg (18.72%), Zinc: 2.63mg (17.52%), Calcium: 173.89mg (17.39%), Iron: 3.01mg (16.7%), Vitamin B1: 0.18mg (12.26%), Folate: 40.98µg (10.24%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.58µg (3.9%), Vitamin A: 161IU (3.22%), Vitamin K: 2.24µg (2.13%), Vitamin C: 1.02mg (1.23%)