



Almond Crusted Chicken Breasts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cup almond
- ☐ 2 tablespoon canola oil
- ☐ 3 large eggs
- ☐ 1 cup panko bread crumbs
- ☐ 4 servings salt and pepper
- ☐ 2 teaspoon butter unsalted
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Add the sliced almonds to a large bowl.
- ☐ Put the panko into a medium bowl season and it with some salt and pepper.
- ☐ Place eggs and water into a 3rd bowl and beat lightly. Line the bowls up on the counter. Start by dipping one of the chicken breasts into the egg mixture. Using your fingers wipe away most of the egg. Next dredge the chicken breast in the bread-crumb mixture until well coated. Then move the breast back to the egg mixture. Do not use you fingers to remove the excess egg this time. Lastly lay the breast into the alomnd bowl and press the almonds into the breast as you turn it over and around until completely coated with almonds. Gently set the breast a side and repeat with the remaing breasts.
- ☐ Let the breasts sit undisturbed about 15 minutes tp allow the crust to set some.
- ☐ Heat a large oven-proof skillet over medium heat. Depending on the size of your skillet and your oven you may need to do this in 2 pans.
- ☐ Add the butter. Once it get foamy, but before it browns.
- ☐ Add the conola oil.
- ☐ Add all the breasts to the skillet, leaveing plenty of room between each one.
- ☐ Saute the chicken on one side about 4 minutes, or until well browned. Do not move the chicken around too much as the crust will break easily at this time. Turn the breast over and brown another minute or two– no more than that.
- ☐ Remove the pan from the heat, leaving the breasts undisturbed. You may make the recipe through this step and set the breasts aside in the skillet for several hours loosely covered with foil. Any longer than that wait until they are cool. Cover well and refrigerate. When you are ready to serve preheat oven to 400 degrees F. and transfer the skillet(s) with the breasts to the oven.
- ☐ Bake until the chicken is cooked through, about 10–12 minutes depending on the size of your breasts.

Nutrition Facts



 **PROTEIN 13.86%**  **FAT 67.88%**  **CARBS 18.26%**

Properties

Glycemic Index:2.5, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:17.326086915058%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 392.43kcal (19.62%), Fat: 30.6g (47.08%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 13.53g (4.92%), Sugar: 2.57g (2.86%), Cholesterol: 144.88mg (48.29%), Sodium: 357.65mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.13%), Vitamin E: 10.52mg (70.14%), Manganese: 0.94mg (46.86%), Vitamin B2: 0.63mg (36.82%), Phosphorus: 265.55mg (26.55%), Magnesium: 104.19mg (26.05%), Selenium: 16.73µg (23.9%), Copper: 0.42mg (21.09%), Fiber: 4.99g (19.95%), Vitamin B1: 0.23mg (15.39%), Iron: 2.66mg (14.79%), Calcium: 142.09mg (14.21%), Folate: 48.93µg (12.23%), Zinc: 1.78mg (11.87%), Vitamin B3: 2.27mg (11.37%), Potassium: 334.67mg (9.56%), Vitamin B5: 0.82mg (8.22%), Vitamin B12: 0.39µg (6.51%), Vitamin B6: 0.13mg (6.46%), Vitamin K: 6.27µg (5.97%), Vitamin A: 265.32IU (5.31%), Vitamin D: 0.79µg (5.25%)