



Almond-Crusted Chicken with Green Onion Rice

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup almonds sliced
- 0.3 teaspoon pepper black
- 2 cups brown rice hot cooked
- 0.5 cup breadcrumbs dry
- 0.3 cup flour all-purpose
- 0.3 cup green onions chopped
- 2 tablespoons dijon honey mustard
- 0.5 cup buttermilk low-fat

- 0.5 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- ziploc bags
- meat tenderizer

Directions

- Preheat oven to 450
- Place chicken breasts between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place flour in a zip-top plastic bag. Working with 1 piece at a time, add chicken to bag; seal and shake to coat.
- Remove chicken from bag, shaking off excess flour. Repeat with remaining chicken.
- Combine buttermilk and honey mustard in a shallow bowl.
- Combine almonds and breadcrumbs in another shallow bowl. Dip chicken in buttermilk mixture; dredge in almond mixture.
- Heat a large nonstick ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- Add chicken; cook 1 minute. Turn chicken over.
- Place pan in oven; bake at 450 for 13 minutes or until chicken is done.
- Stir remaining 1/4 teaspoon salt and 1/4 cup green onions into rice.
- Serve rice with chicken.
- Shake chicken in sealed bag
- Measure almonds

- Pound chicken
- Dredge chicken in buttermilk mixture and almond mixture

Nutrition Facts



Properties

Glycemic Index:50.3, Glycemic Load:15.61, Inflammation Score:-7, Nutrition Score:30.603478250296%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 502.97kcal (25.15%), Fat: 14g (21.53%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 42.2g (15.35%), Sugar: 4.61g (5.12%), Cholesterol: 110.06mg (36.69%), Sodium: 671.03mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.35g (90.71%), Vitamin B3: 21mg (105.01%), Selenium: 61.75µg (88.22%), Manganese: 1.65mg (82.5%), Vitamin B6: 1.47mg (73.72%), Phosphorus: 565.95mg (56.6%), Magnesium: 140.82mg (35.21%), Vitamin B5: 3.08mg (30.76%), Vitamin B1: 0.45mg (29.69%), Vitamin B2: 0.5mg (29.47%), Vitamin E: 4.31mg (28.76%), Potassium: 917.87mg (26.22%), Fiber: 4.68g (18.74%), Copper: 0.34mg (16.94%), Zinc: 2.47mg (16.48%), Iron: 2.85mg (15.84%), Vitamin K: 14.43µg (13.74%), Folate: 51.71µg (12.93%), Calcium: 125.41mg (12.54%), Vitamin B12: 0.45µg (7.56%), Vitamin C: 3.52mg (4.26%), Vitamin A: 128.28IU (2.57%), Vitamin D: 0.17µg (1.13%)