



Almond-Crusted Chicken with Scallion Rice

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup almonds sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 ounce brown rice
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons dijon honey mustard
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.8 teaspoon salt divided

- ☐ 16 ounce chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 45
- ☐ Prepare rice according to package directions; keep warm.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle both sides of chicken with 1/4 teaspoon salt and pepper.
- ☐ Place flour in a zip-top plastic bag. Working with one piece at a time, add chicken to bag; seal and shake to coat.
- ☐ Remove chicken from bag, shaking off excess flour. Repeat with remaining flour and chicken.
- ☐ Combine buttermilk and honey mustard in a shallow bowl.
- ☐ Combine almonds and breadcrumbs in a shallow bowl. Dip chicken in buttermilk mixture; dredge in almond mixture.
- ☐ Heat a large skillet coated with cooking spray over high heat.
- ☐ Add chicken; cook 1 minute. Turn chicken over. Wrap handle of pan with foil.
- ☐ Place pan in oven; bake at 450 for 9 minutes or until chicken is done.
- ☐ Add 1/2 teaspoon salt and green onions to rice; serve with chicken.

Nutrition Facts



 PROTEIN **31.76%**  FAT **26.88%**  CARBS **41.36%**

Properties

Glycemic Index:51.94, Glycemic Load:15.17, Inflammation Score:-6, Nutrition Score:24.773043580677%

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: 418.93kcal (20.95%), Fat: 12.38g (19.05%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 39.09g (14.21%), Sugar: 4.61g (5.12%), Cholesterol: 73.77mg (24.59%), Sodium: 750.62mg (32.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.83%), Manganese: 1.5mg (75.04%), Vitamin B3: 14.86mg (74.3%), Selenium: 43.61µg (62.3%), Vitamin B6: 1.03mg (51.54%), Phosphorus: 437.3mg (43.73%), Magnesium: 118.65mg (29.66%), Vitamin E: 4.21mg (28.05%), Vitamin B1: 0.41mg (27.47%), Vitamin B2: 0.44mg (26.08%), Vitamin B5: 2.26mg (22.56%), Potassium: 697.57mg (19.93%), Copper: 0.31mg (15.67%), Fiber: 3.77g (15.09%), Iron: 2.57mg (14.29%), Vitamin K: 14.31µg (13.63%), Zinc: 2.04mg (13.6%), Folate: 50.51µg (12.63%), Calcium: 121.1mg (12.11%), Vitamin B12: 0.34µg (5.67%), Vitamin C: 2.84mg (3.44%), Vitamin A: 111.27IU (2.23%)