

Anthony's Chicken

READY IN



105 min.

SERVINGS



6

CALORIES



1225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon sliced
- ☐ 1 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 2 eggs
- ☐ 18 ounce honey mustard barbecue sauce
- ☐ 0.5 cup milk
- ☐ 8 ounce monterrey jack cheese shredded
- ☐ 0.5 cup olive oil for frying
- ☐ 1 onion diced

- ☐ 1 pound penne pasta dry
- ☐ 6 servings salt and pepper to taste
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 tablespoons spicy brown mustard
- ☐ 2 tomatoes diced

Equipment

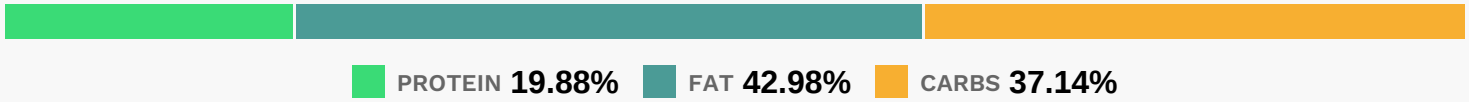
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Transfer to a deep 9x13 inch baking dish.
- ☐ In a medium bowl, whisk together the eggs and milk. Season with salt and pepper. Dip the chicken breasts in the egg mixture, then roll in bread crumbs to coat.
- ☐ Heat the olive oil and butter in a large skillet over medium-high heat. Fry chicken breasts until the juices run clear, and they are well browned on both sides.
- ☐ Remove to paper towels to drain.
- ☐ Drain excess oil from the chicken pan, leaving it coated.
- ☐ While the chicken is cooking, place bacon in a large, deep skillet. Cook over medium-high heat until crisp.
- ☐ Remove bacon from pan, crumble and set aside.
- ☐ Place the skillet that used to have chicken in it over medium heat.

- ☐
- Add tomato, onion and bacon, and cook for about 5 minutes, or until onion is soft.
- ☐
- Pour in the barbeque sauce and spicy mustard. Simmer for 5 minutes.
- ☐
- Pour the sauce over the pasta in the dish, then place the chicken on the top, and cover with shredded Monterey Jack cheese.
- ☐
- Bake for 15 to 20 minutes in the preheated oven, until cheese is melted and dish is heated through.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:23.95, Inflammation Score:-8, Nutrition Score:32.73565207357%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 1224.93kcal (61.25%), Fat: 56.27g (86.58%), Saturated Fat: 22.11g (138.19%), Carbohydrates: 109.41g (36.47%), Net Carbohydrates: 105.06g (38.2%), Sugar: 23.33g (25.92%), Cholesterol: 223.14mg (74.38%), Sodium: 1758.05mg (76.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.57g (117.15%), Selenium: 116.86µg (166.94%), Vitamin B3: 17.72mg (88.62%), Phosphorus: 761.36mg (76.14%), Vitamin B6: 1.31mg (65.34%), Manganese: 1mg (49.76%), Vitamin B1: 0.58mg (38.95%), Calcium: 387.79mg (38.78%), Vitamin B2: 0.55mg (32.61%), Zinc: 4.44mg (29.58%), Vitamin B5: 2.93mg (29.27%), Potassium: 990.86mg (28.31%), Magnesium: 110.81mg (27.7%), Vitamin B12: 1.23µg (20.5%), Copper: 0.39mg (19.33%), Iron: 3.4mg (18.9%), Vitamin A: 928.65IU (18.57%), Fiber: 4.36g (17.42%), Folate: 61.4µg (15.35%), Vitamin E: 1.78mg (11.86%), Vitamin C: 8.36mg (10.14%), Vitamin K: 8.46µg (8.06%), Vitamin D: 1.16µg (7.73%)