




 **47%**
HEALTH SCORE

Baked Fried Chicken With Cauliflower Mash

READY IN

45 min.

SERVINGS

6

CALORIES

662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup buttermilk
- 1.5 cups buttermilk
- 2 heads cauliflower
- 6 servings cauliflower
- 0.5 teaspoon ground pepper
- 6 servings chicken (Baked chicken recipe adapted from Epicurious.com)
- 3 tablespoons dijon mustard
- 1.5 teaspoons ground mustard dry
- 6 tablespoons flour

- 2 garlic clove pressed
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest
- 0.3 cup cream sour low fat
- 1.5 cups panko bread crumbs whole wheat
- 1 teaspoon paprika
- 0.5 cup parmesan cheese grated
- 0.3 cup ricotta cheese low fat
- 6 servings salt and pepper
- 2 pounds chicken breast boneless skinless
- 1 tablespoon thyme leaves minced

Equipment

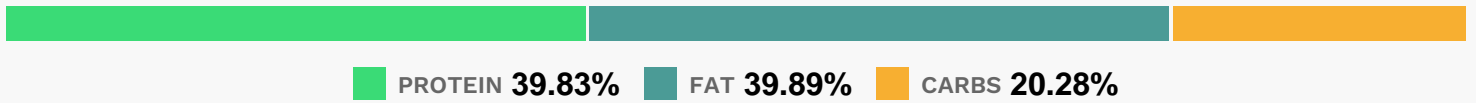
- bowl
- frying pan
- baking sheet
- whisk
- wire rack
- blender

Directions

- For marinade: Fillet chicken breast in half to make thinner pieces, and cut in half again to make smaller pieces.
- Whisk all marinade ingredients (except for the chicken) in large bowl.
- Add chicken and coat in marinade. Chill overnight for more intense flavor. But if you are short on time (which I usually am) it is ok to use right away as well. For breading: Preheat to 450F
- Mix breading ingredients large bowl.
- Place wire rack on baking sheets.
- Remove chicken breast from bowl and place in coating mixture.

- Transfer to rack. Repeat with remaining chicken breasts.-
- Place chicken breasts on rack and spray with olive oil .
- Cut up cauliflower in small pieces.
- Place in large saut pan with about 1 cup of water (enough to cover the bottom of pan, plus a little extra to make sure it doesn't all evaporate)Cook until tender.
- Combine cauliflower with buttermilk, sour cream, ricotta and salt and pepper.In batches, place in blender and puree until smooth. (if it is having a hard time blending, add either some chicken or vegetable stock, or even more buttermilk)

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:7.31, Inflammation Score:-9, Nutrition Score:40.96652173913%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 662.48kcal (33.12%), Fat: 29.21g (44.94%), Saturated Fat: 10.14g (63.35%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 27.87g (10.14%), Sugar: 8.46g (9.4%), Cholesterol: 201.7mg (67.23%), Sodium: 932.04mg (40.52%), Protein: 65.64g (131.28%), Vitamin B3: 25.8mg (128.99%), Vitamin C: 101.67mg (123.24%), Selenium: 82.56µg (117.95%), Vitamin B6: 1.96mg (98.24%), Phosphorus: 747.09mg (74.71%), Vitamin B5: 4.91mg (49.12%), Potassium: 1562.22mg (44.63%), Vitamin B2: 0.7mg (40.88%), Folate: 161.76µg (40.44%), Vitamin B1: 0.53mg (35.1%), Vitamin K: 33.88µg (32.26%), Manganese: 0.63mg (31.57%), Magnesium: 118.84mg (29.71%), Calcium: 294.44mg (29.44%), Zinc: 4.02mg (26.78%), Iron: 4mg (22.23%), Fiber: 5.55g (22.18%), Vitamin B12: 1.2µg (20.02%), Vitamin A: 757.39IU (15.15%), Copper: 0.26mg (13.22%), Vitamin D: 1.36µg (9.06%), Vitamin E: 1.12mg (7.49%)