



Baked Honey Nut Chicken

READY IN



55 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 6 chicken breast halves bone-in
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggs
- ☐ 0.5 cup honey
- ☐ 1 cup pecans finely chopped
- ☐ 6 servings salt and pepper to taste

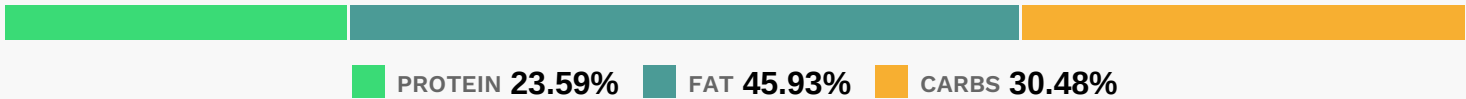
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a bowl, beat eggs and honey together until thoroughly blended. In a separate bowl, toss together pecans, bread crumbs, salt, and pepper.
- ☐ Dip chicken pieces in egg and honey mixture, then dredge in pecan mixture, coating thoroughly. Arrange chicken side by side in a 9x13 inch baking dish.
- ☐ Drizzle melted butter evenly over chicken.
- ☐ Bake approximately 40 minutes, or until chicken is no longer pink, and juices run clear.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:12.22, Inflammation Score:-5, Nutrition Score:19.75086948146%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 500.12kcal (25.01%), Fat: 26.03g (40.04%), Saturated Fat: 7.3g (45.63%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 36.26g (13.19%), Sugar: 25.09g (27.88%), Cholesterol: 147.22mg (49.07%), Sodium: 539.4mg (23.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.14%), Vitamin B3: 13.24mg (66.21%), Selenium: 46.21µg (66.01%), Manganese: 1.03mg (51.35%), Vitamin B6: 0.94mg (46.91%), Phosphorus: 349.76mg (34.98%), Vitamin B1: 0.37mg (24.84%), Vitamin B5: 2.12mg (21.21%), Vitamin B2: 0.29mg (17.07%), Potassium: 565.1mg (16.15%), Copper: 0.32mg (15.76%), Magnesium: 61.62mg (15.41%), Zinc: 2mg (13.33%), Iron: 2.13mg (11.81%), Fiber: 2.61g (10.44%), Folate: 35.52µg (8.88%), Vitamin B12: 0.44µg (7.26%), Vitamin A: 359.64IU (7.19%), Calcium:

63.6mg (6.36%), Vitamin E: 0.86mg (5.71%), Vitamin D: 0.41µg (2.71%), Vitamin K: 2.76µg (2.62%), Vitamin C: 1.7mg (2.06%)