



BLT Chicken with Rosemary-Lemon Mayonnaise

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 0.5 cup mayonnaise
- ☐ 5 ounce baby greens mixed
- ☐ 3 tablespoons olive oil
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 4 large plum tomatoes cut into 1/2-inch cubes

- ☐ 1 tablespoon red wine vinegar
- ☐ 4 chicken breast halves boneless skinless
- ☐ 5 slices bacon thick-cut cut into 1/2-inch pieces

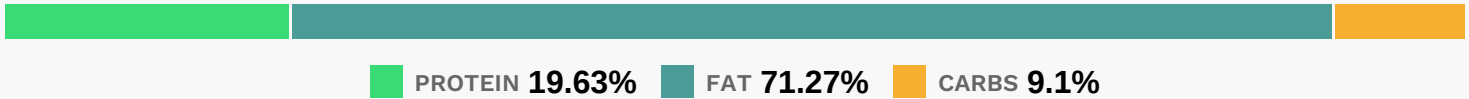
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Blend first 3 ingredients in small bowl. Season mayonnaise with salt and pepper.
- ☐ Cook bacon in large nonstick skillet over medium heat until crisp.
- ☐ Add tomatoes and cumin. Increase heat; cook 2 minutes.
- ☐ Add greens; toss until barely wilted, about 1 minute.
- ☐ Sprinkle vinegar over and toss to blend; season with salt and pepper. Divide among 4 plates.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place panko in shallow bowl; press chicken into panko to coat on both sides.
- ☐ Heat oil in another large skillet over medium-high heat.
- ☐ Add chicken and sauté until cooked through and golden, about 4 minutes per side.
- ☐ Place chicken atop greens and serve with mayonnaise.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:23.086521625519%

Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 678.39kcal (33.92%), Fat: 53.29g (81.98%), Saturated Fat: 11.56g (72.24%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 13.85g (5.04%), Sugar: 2.73g (3.03%), Cholesterol: 113.78mg (37.93%), Sodium: 730.25mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.04%), Vitamin B3: 15.18mg (75.89%), Selenium: 49.8µg (71.14%), Vitamin K: 58.1µg (55.34%), Vitamin B6: 1.07mg (53.33%), Phosphorus: 364.24mg (36.42%), Vitamin B1: 0.38mg (25.41%), Vitamin C: 18.13mg (21.98%), Potassium: 760.77mg (21.74%), Vitamin E: 3.2mg (21.35%), Vitamin B5: 2.09mg (20.89%), Vitamin A: 994.85IU (19.9%), Manganese: 0.3mg (15.16%), Vitamin B2: 0.25mg (14.49%), Magnesium: 54.23mg (13.56%), Iron: 2.19mg (12.14%), Folate: 44.46µg (11.11%), Zinc: 1.65mg (11.01%), Vitamin B12: 0.54µg (8.95%), Copper: 0.15mg (7.6%), Fiber: 1.48g (5.9%), Calcium: 53.46mg (5.35%), Vitamin D: 0.35µg (2.33%)