



Buttermilk Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup bread crumbs dry
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup buttermilk low-fat may use
- ☐ 4 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 4 chicken breasts boneless skinless

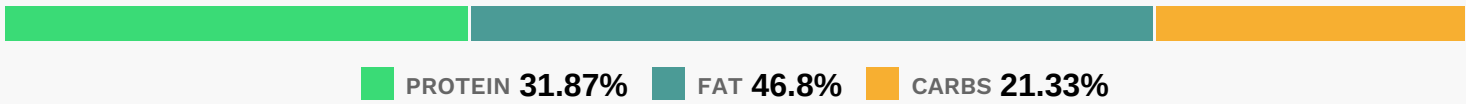
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ ziploc bags
- ☐ glass baking pan

Directions

- ☐ Rinse the chicken and pat it dry with paper towels.
- ☐ Place it in a glass baking dish or a large resealable plastic bag.
- ☐ Add the buttermilk. Cover and refrigerate for at least 1 hour and up to 4 hours.
- ☐ Heat oven to 400 F.
- ☐ Place the bread crumbs, Parmesan, salt, and pepper on a plate. Working with 1 piece of chicken at a time, shake it to remove any excess buttermilk and dredge it in the bread-crumb mixture, turning to coat both sides.
- ☐ Heat 2 tablespoons of the oil in a large skillet over medium-high heat.
- ☐ Add half the chicken. Cook until golden, about 3 minutes per side.
- ☐ Transfer to a baking sheet. Wipe out skillet. Repeat with the remaining oil and chicken.
- ☐ Bake until cooked through, about 10 minutes. Tip: If you (or the kids) prefer a higher proportion of bread-crumb coating to meat, use chicken tenders in place of chicken breasts.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:19.28260889779%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 432.54kcal (21.63%), Fat: 22.23g (34.2%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 21.54g (7.83%), Sugar: 4.65g (5.17%), Cholesterol: 83.22mg (27.74%), Sodium: 908.76mg (39.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.12%), Vitamin B3: 13.65mg (68.24%), Selenium: 46.98µg (67.12%), Vitamin B6: 0.91mg (45.56%), Phosphorus: 422.2mg (42.22%), Calcium: 273.53mg (27.35%), Vitamin B1: 0.36mg (23.92%), Vitamin B2: 0.36mg (20.94%), Vitamin B5: 1.98mg (19.83%), Potassium: 574.98mg (16.43%), Vitamin E: 2.31mg (15.41%), Manganese: 0.29mg (14.27%), Magnesium: 53.31mg (13.33%), Zinc: 1.64mg (10.97%), Iron: 1.95mg (10.82%), Vitamin K: 10.91µg (10.39%), Vitamin B12: 0.6µg (10.04%), Folate: 37.31µg (9.33%), Copper: 0.11mg (5.59%), Fiber: 1.25g (4.99%), Vitamin A: 160.41IU (3.21%), Vitamin C: 1.96mg (2.37%), Vitamin D: 0.18µg (1.17%)