



Buttermilk Pecan Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup buttermilk 1% low-fat ()
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 cup pecans toasted
- ☐ 32 ounce chicken breasts boneless skinless

Equipment

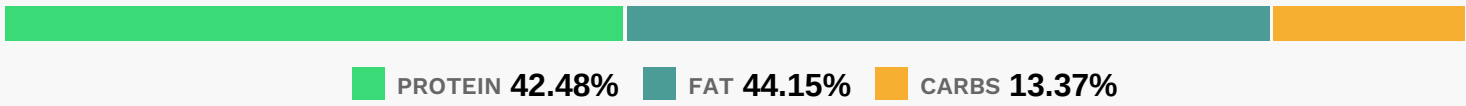
- ☐ food processor
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 37
- ☐ Place 4 (8-ounce) skinless, boneless chicken breasts between 2 sheets of heavy-duty plastic wrap; gently flatten each piece to 1/3-inch thickness using a meat mallet or heavy small skillet.
- ☐ Place chicken into a large bowl.
- ☐ Pour 1 cup low-fat buttermilk (1%) over chicken; cover and marinate in the refrigerator for 1 hour.
- ☐ Place 1 cup toasted pecans and 1 cup panko (Japanese breadcrumbs) in a food processor; pulse until fine.
- ☐ Transfer mixture to a large rimmed dish.
- ☐ Remove the marinated chicken breasts from buttermilk; shake off excess buttermilk. Evenly coat chicken with breading mixture.
- ☐ Place chicken onto a baking sheet coated with cooking spray; bake 2530 minutes or until crispy and golden. Season with salt and pepper; serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:29.3943475744%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 512.82kcal (25.64%), Fat: 25.13g (38.66%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 14.06g (5.11%), Sugar: 4.79g (5.32%), Cholesterol: 147.55mg (49.18%), Sodium: 461.68mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.41g (108.81%), Vitamin B3: 24.97mg (124.87%), Selenium: 78.5µg (112.14%), Vitamin B6: 1.79mg (89.46%), Manganese: 1.29mg (64.34%), Phosphorus: 622.98mg (62.3%), Vitamin B5: 3.69mg (36.93%), Vitamin B1: 0.47mg (31.6%), Potassium: 1060.62mg (30.3%), Magnesium: 101.96mg (25.49%), Vitamin B2: 0.41mg (24.22%), Copper: 0.4mg (20.15%), Zinc: 2.91mg (19.37%), Calcium: 125.71mg (12.57%), Iron: 2.22mg (12.33%), Fiber: 3.05g (12.2%), Vitamin B12: 0.64µg (10.63%), Folate: 33.57µg (8.39%), Vitamin E: 0.82mg (5.46%), Vitamin C: 3.59mg (4.36%), Vitamin K: 2.37µg (2.26%), Vitamin A: 110.1IU (2.2%), Vitamin D: 0.23µg (1.51%)