



Buttermilk Pecan Chicken

READY IN



80 min.

SERVINGS



2

CALORIES



1056 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup buttermilk
- 2 servings kosher salt and pepper black freshly ground
- 0.5 cup panko bread crumbs
- 1 cup pecans toasted
- 16 ounce chicken breasts boneless skinless
- 0.3 cup vegetable oil

Equipment

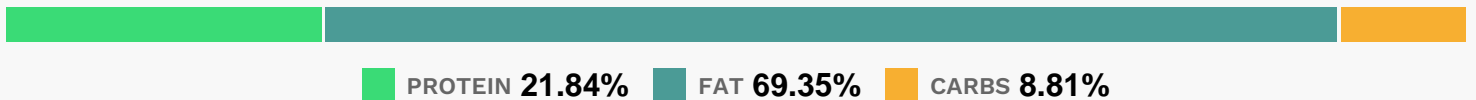
- food processor

- bowl
- frying pan
- paper towels
- plastic wrap
- meat tenderizer

Directions

- Place each chicken breast between 2 pieces of plastic wrap and gently flatten with a meat mallet or heavy flat object to an even 1/3-inch thick.
- In a shallow bowl add the chicken and the buttermilk. Cover and marinate for 1 hour in the refrigerator.
- In a food processor, pulse pecans until finely ground.
- Transfer the pecans to a large rimmed dish and add the panko bread crumbs.
- Mix to combine well.
- Remove marinated chicken breasts from buttermilk and shake off excess. Dip chicken in breading mixture, evenly coating both sides.
- In a large nonstick skillet, heat oil.
- Add breaded breasts and shallow fry about 4 to 5 minutes on each side until golden in color.
- Remove from oil to and drain on paper towels. Immediately season with salt and pepper and place on a serving platter of individual dishes.
- Serve it with a yummy salad for a super tasty meal. Enjoy!

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:40.217826200568%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg

Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg
Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate:
1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Nutrients (% of daily need)

Calories: 1055.68kcal (52.78%), Fat: 82.62g (127.1%), Saturated Fat: 12.35g (77.18%), Carbohydrates: 23.6g (7.87%),
Net Carbohydrates: 18.15g (6.6%), Sugar: 8.75g (9.72%), Cholesterol: 158.35mg (52.78%), Sodium: 498.9mg
(21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.55g (117.11%), Vitamin B3: 25.34mg (126.69%),
Manganese: 2.42mg (120.85%), Selenium: 82.68µg (118.12%), Vitamin B6: 1.86mg (93.21%), Phosphorus: 740.29mg
(74.03%), Vitamin K: 70.52µg (67.16%), Vitamin B1: 0.67mg (44.89%), Vitamin B5: 4.2mg (41.99%), Copper: 0.72mg
(36.24%), Potassium: 1234.82mg (35.28%), Magnesium: 137.48mg (34.37%), Vitamin B2: 0.56mg (32.83%), Zinc:
4.23mg (28.22%), Vitamin E: 4.19mg (27.95%), Fiber: 5.45g (21.81%), Calcium: 211.88mg (21.19%), Vitamin B12: 1.06µg
(17.63%), Iron: 2.87mg (15.94%), Vitamin D: 1.79µg (11.91%), Folate: 42.03µg (10.51%), Vitamin A: 294.31IU (5.89%),
Vitamin C: 3.27mg (3.96%)