



Buttermilk Pecan Chicken

READY IN



40 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 0.5 cup buttermilk
- 1 cup flour all-purpose
- 1 tablespoon paprika
- 1 cup pecans
- 18 pecans
- 0.1 teaspoon pepper
- 2 teaspoons salt
- 0.3 cup sesame seed

24 ounces chicken breast halves boneless skinless

Equipment

bowl

oven

baking pan

kitchen thermometer

Directions

In a shallow bowl, combine the pecans, sesame seeds if desired, paprika, salt and pepper.

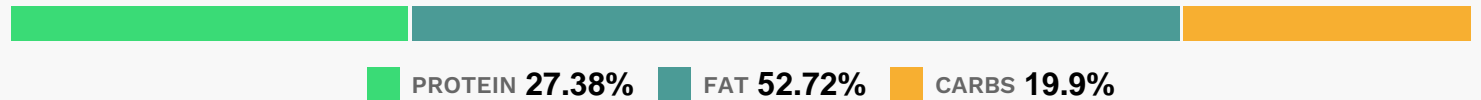
Place flour and buttermilk in separate bowls. Coat chicken with flour, dip in buttermilk, then coat with pecan mixture.

Place in a greased 13-in. x 9-in. baking dish.

Drizzle with butter. Top each with three pecan halves.

Bake, uncovered, at 375° for 30–35 minutes or until a meat thermometer reads 170°.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:12.19, Inflammation Score:-7, Nutrition Score:22.973477995914%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg

Nutrients (% of daily need)

Calories: 433.21kcal (21.66%), Fat: 25.75g (39.61%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 18.17g (6.61%), Sugar: 2g (2.22%), Cholesterol: 84.81mg (28.27%), Sodium: 959.61mg (41.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.17%), Vitamin B3: 13.72mg (68.6%), Selenium: 47.15µg (67.36%), Manganese: 1.27mg (63.55%), Vitamin B6: 0.98mg (49.19%), Phosphorus: 379.14mg (37.91%),

Vitamin B1: 0.44mg (29.05%), Copper: 0.58mg (28.93%), Magnesium: 85.31mg (21.33%), Vitamin B5: 2mg (20%),
Vitamin B2: 0.31mg (18.18%), Potassium: 611.42mg (17.47%), Iron: 3.08mg (17.13%), Zinc: 2.36mg (15.73%), Vitamin A:
770.65IU (15.41%), Fiber: 3.7g (14.82%), Folate: 55µg (13.75%), Calcium: 111.68mg (11.17%), Vitamin E: 1mg (6.64%),
Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.37µg (2.49%), Vitamin K: 2.41µg (2.29%), Vitamin C: 1.6mg (1.94%)