



Cajun-Seasoned Pan-Fried Chicken Breasts

READY IN



26 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons cajun spice
- ☐ 32 oz skinned and boned chicken breasts
- ☐ 2 tablespoons olive oil
- ☐ 4 servings garnish: parsley sprig fresh
- ☐ 3 tablespoons self-rising flour
- ☐ 0.5 cup cornmeal plain yellow

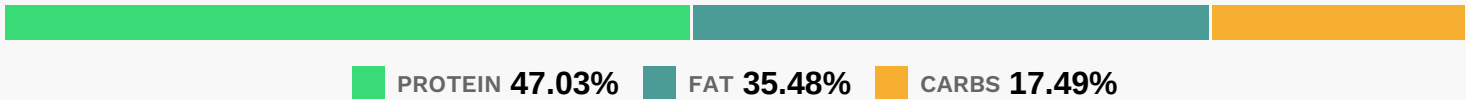
Equipment

☐ frying pan

Directions

- ☐ Sprinkle chicken with 1 tsp. seasoning.
- ☐ Combine remaining seasoning, flour, and cornmeal. Dredge chicken in flour mixture, shaking off excess.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add chicken, and cook 8 to 10 minutes on each side or until done. Squeeze juice from lemon over chicken, and garnish, if desired.
- ☐ Serve immediately.
- ☐ *Creole seasoning may be substituted.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:11.17, Inflammation Score:-7, Nutrition Score:27.538695449414%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 444.35kcal (22.22%), Fat: 17.1g (26.3%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.57g (6.03%), Sugar: 0.44g (0.49%), Cholesterol: 152.67mg (50.89%), Sodium: 289.38mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.98%), Vitamin B3: 24.33mg (121.64%), Selenium: 75.94µg (108.48%), Vitamin B6: 1.84mg (91.88%), Vitamin K: 71.17µg (67.78%), Phosphorus: 531.6mg (53.16%), Vitamin B5: 3.41mg (34.12%), Potassium: 948.56mg (27.1%), Magnesium: 84.95mg (21.24%), Vitamin A: 861.97IU (17.24%), Vitamin B2: 0.26mg (15.46%), Vitamin B1: 0.22mg (14.34%), Zinc: 2.05mg (13.7%), Vitamin E: 1.86mg (12.42%), Manganese: 0.22mg (11.07%), Iron: 1.93mg (10.71%), Vitamin C: 8.05mg (9.76%), Fiber: 2.39g (9.55%), Vitamin B12: 0.46µg (7.66%), Copper: 0.13mg (6.51%), Folate: 24.11µg (6.03%), Calcium: 21.47mg (2.15%), Vitamin D: 0.23µg (1.51%)