

Chicken Breasts with Sun-Dried Tomato and Garlic Crust

SERVINGS

45 min.

SERVINGS

4 858 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

Ш	2 cups bread fresh french
	3.5 tablespoons cooking oil
	48 ounce chicken breast halves with skin and bone
	2 large garlic clove
	0.5 cup sun-dried olives drained

Equipment

frying pan

H	oven	
Directions		
	Combine breadcrumbs, sun-dried tomatoes, 2 tablespoons oil reserved from tomatoes and garlic in processor. Using on/off turns, process until tomatoes are coarsely chopped. Season to taste with salt and pepper. (Can be made 8 hours ahead. Cover and chill.)	
	Preheat oven to 375°F.	
	Sprinkle chicken with salt and pepper.	
	Heat 11/2 tablespoons oil reserved from tomatoes in heavy large skillet over medium-high heat.	
	Add chicken, skin side down, and cook until skin is crisp and golden, about 5 minutes.	
	Transfer chicken, skin side up, to heavy rimmed baking sheet. Spoon breadcrumb mixture atop chicken, dividing equally and pressing to adhere.	
	Bake until chicken is cooked through, about 30 minutes.	
	Place chicken on plates and serve.	
Nutrition Facts		
	PROTEIN 41.06% FAT 28.53% CARBS 30.41%	

Properties

baking sheet

Glycemic Index:29.67, Glycemic Load:32.12, Inflammation Score:-8, Nutrition Score:41.694347941357%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 857.95kcal (42.9%), Fat: 26.84g (41.29%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 64.36g (21.45%), Net Carbohydrates: 57.9g (21.06%), Sugar: 11.96g (13.29%), Cholesterol: 217.72mg (72.57%), Sodium: 969.12mg (42.14%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 86.91g (173.83%), Vitamin B3: 43.35mg (216.75%), Selenium: 143.9µg (205.57%), Vitamin B6: 2.74mg (137.18%), Phosphorus: 918.25mg (91.83%), Manganese: 1.74mg (87%), Vitamin B5: 6.11mg (61.14%), Potassium: 1903.15mg (54.38%), Vitamin B1: 0.78mg (51.97%), Vitamin B2: 0.71mg (41.6%), Magnesium: 164mg (41%), Iron: 6.79mg (37.74%), Folate: 123.55µg (30.89%), Fiber: 6.45g (25.82%),

Copper: 0.47mg (23.33%), Zinc: 3.49mg (23.3%), Vitamin K: $21.15\mu g$ (20.14%), Vitamin E: 3.02mg (20.12%), Calcium: 182.72mg (18.27%), Vitamin C: 10.18mg (12.34%), Vitamin B12: $0.68\mu g$ (11.34%), Vitamin A: 224.73IU (4.49%), Vitamin D: $0.34\mu g$ (2.27%)