



Chicken Oscar

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 asparagus spears (equal size; 1 lb. total)
- 3 tablespoons breadcrumbs dried fine
- 2 tablespoons butter
- 4 servings chive spears minced
- 0.3 pound surimi crab sticks shelled cooked
- 0.5 cup knorr hollandaise sauce hot at room temperature
- 4 boned

Equipment

- frying pan
- oven
- plastic wrap
- peeler

Directions

- Snap tough ends from asparagus and discard. Rinse asparagus and, if desired, peel stems with a vegetable peeler.
- Rinse chicken, pat dry, and lay pieces 4 to 5 inches apart on a sheet of plastic wrap. Cover with more plastic wrap. Pound chicken with a flat mallet until it is 3/8 to 1/2 inch thick.
- Put bread crumbs in a shallow pan. Turn chicken in crumbs to coat evenly, patting to make them stick.
- Set an 11- to 12-inch ovenproof nonstick frying pan over high heat. When hot, add butter and swirl until melted.
- Add chicken and cook until browned on bottom, shaking pan to avoid scorching butter, about 2 minutes. Turn pieces over and cook 1 minute more.
- Set pan in a 350 oven and bake until chicken is no longer pink in center (cut to test), 7 to 9 minutes.
- Meanwhile, in a 10- to 12-inch frying pan over high heat, bring about 1 inch water to a boil. About 3 minutes before chicken is done, add asparagus to boiling water and cook just until tender when pierced; drain.
- Quickly transfer each chicken breast half to a warm plate. Top with equal amounts of the crab and asparagus, and pour hollandaise sauce over each portion.
- Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:19.701304145481%

Flavonoids

Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 353.03kcal (17.65%), Fat: 20.32g (31.26%), Saturated Fat: 4.54g (28.34%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 8.55g (3.11%), Sugar: 1.39g (1.54%), Cholesterol: 104.08mg (34.69%), Sodium: 634.24mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.14%), Selenium: 51.32µg (73.32%), Vitamin B3: 13.54mg (67.7%), Vitamin B6: 0.95mg (47.27%), Phosphorus: 343.16mg (34.32%), Vitamin K: 22.9µg (21.81%), Vitamin B5: 2.07mg (20.75%), Vitamin B12: 1.2µg (20.05%), Copper: 0.37mg (18.63%), Potassium: 609.09mg (17.4%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.24mg (14.18%), Zinc: 2.11mg (14.06%), Vitamin A: 691.27IU (13.83%), Folate: 53.08µg (13.27%), Magnesium: 50.16mg (12.54%), Iron: 1.97mg (10.92%), Vitamin E: 1.5mg (10.03%), Manganese: 0.19mg (9.32%), Vitamin C: 5.57mg (6.76%), Calcium: 59.71mg (5.97%), Fiber: 1.37g (5.48%)