



Cornmeal-Crusted Chicken Breasts

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread fresh french crustless
- ☐ 4 tablespoons butter
- ☐ 0.5 cup dijon mustard
- ☐ 2 large eggs
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 tablespoons thyme sprigs fresh minced
- ☐ 0.5 teaspoon pepper black
- ☐ 6 servings lemon wedges
- ☐ 4 tablespoons olive oil

- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless
- ☐ 1 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix 1 cup breadcrumbs, 1 cup yellow cornmeal, 2 tablespoons minced parsley, 2 tablespoons minced thyme, 1 teaspoon salt and 1/2 teaspoon pepper in large bowl.
- ☐ Whisk 1/2 cup Dijon mustard and 2 eggs in medium bowl to blend.
- ☐ Using mallet or rolling pin, pound each chicken breast half between sheets of plastic wrap to 1/2- to 1/3-inch thickness. Dip pounded chicken first into mustard mixture and coat well, then into breadcrumb mixture and coat well; shake off excess breadcrumbs.
- ☐ Melt 2 tablespoons butter with 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add half of chicken to skillet; cook until golden, about 2 minutes per side.
- ☐ Transfer chicken to 13 x 9 x 2-inch glass baking dish. Repeat with remaining butter, oil and chicken.
- ☐ Bake chicken until cooked through, about 8 minutes.
- ☐ Garnish with lemon wedges and serve.

Nutrition Facts



 PROTEIN **25.89%**  FAT **43.62%**  CARBS **30.49%**

Properties

Glycemic Index:57.28, Glycemic Load:21.82, Inflammation Score:-10, Nutrition Score:25.021304109822%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 528.08kcal (26.4%), Fat: 25.52g (39.26%), Saturated Fat: 7.87g (49.17%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 34.73g (12.63%), Sugar: 3.07g (3.41%), Cholesterol: 154.39mg (51.46%), Sodium: 1019.36mg (44.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.16%), Selenium: 61.39µg (87.69%), Vitamin B3: 14.84mg (74.2%), Vitamin B6: 1.1mg (55%), Phosphorus: 409.11mg (40.91%), Manganese: 0.81mg (40.64%), Vitamin K: 30.98µg (29.51%), Vitamin B5: 2.44mg (24.38%), Vitamin B1: 0.36mg (24.21%), Magnesium: 90.82mg (22.71%), Fiber: 5.4g (21.61%), Iron: 3.82mg (21.23%), Vitamin B2: 0.34mg (20.17%), Potassium: 640.76mg (18.31%), Zinc: 2.3mg (15.36%), Folate: 59.83µg (14.96%), Vitamin E: 2.21mg (14.73%), Vitamin A: 596.97IU (11.94%), Copper: 0.2mg (9.91%), Calcium: 93.8mg (9.38%), Vitamin C: 7.56mg (9.16%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.45µg (2.98%)