



Creole Crusted Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup buttermilk
- ☐ 6 chicken breasts split
- ☐ 1.5 tablespoons creole seasoning
- ☐ 2 tablespoons parsley flakes dried
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup lemon juice from concentrate
- ☐ 1 tablespoon lemon juice from concentrate
- ☐ 0.5 cup parmesan cheese 100% grated

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 slices bread whole wheat

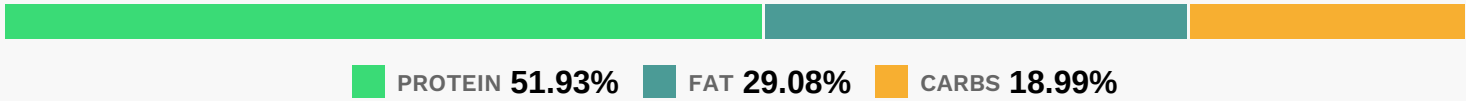
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Process bread in a blender or food processor until finely ground.
- ☐ Place in a heavy-duty zip-top plastic bag.
- ☐ Add flour and next 5 ingredients.
- ☐ Combine buttermilk and 1/4 cup lemon juice; brush mixture on both sides of chicken.
- ☐ Place half of chicken in bag; shake to coat. Arrange chicken on a lightly greased rack in a broiler pan.
- ☐ Repeat procedure with remaining chicken.
- ☐ Sprinkle with any remaining breadcrumb mixture. Stir together butter and 1 tablespoon lemon juice, and drizzle evenly over chicken.
- ☐ Bake at 375 for 45 to 50 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:39.95, Glycemic Load:11.02, Inflammation Score:-8, Nutrition Score:27.934782608696%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 433.13kcal (21.66%), Fat: 13.66g (21.01%), Saturated Fat: 3.94g (24.64%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 18.07g (6.57%), Sugar: 2.33g (2.59%), Cholesterol: 154.09mg (51.36%), Sodium: 754.55mg (32.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.89g (109.78%), Vitamin B3: 25.23mg (126.14%), Selenium: 84.55µg (120.78%), Vitamin B6: 1.79mg (89.75%), Phosphorus: 604.18mg (60.42%), Vitamin B5: 3.53mg (35.27%), Manganese: 0.63mg (31.25%), Potassium: 996.67mg (28.48%), Vitamin B2: 0.4mg (23.7%), Magnesium: 86.1mg (21.52%), Vitamin B1: 0.32mg (21.34%), Vitamin A: 875.09IU (17.5%), Calcium: 152.42mg (15.24%), Zinc: 2.23mg (14.83%), Vitamin K: 12.48µg (11.89%), Iron: 2.11mg (11.74%), Vitamin C: 9.41mg (11.41%), Vitamin B12: 0.66µg (11.02%), Folate: 42.58µg (10.64%), Fiber: 2g (8%), Vitamin E: 1.19mg (7.94%), Copper: 0.14mg (7.04%), Vitamin D: 0.53µg (3.52%)