



Crispy Baked Chicken Breasts

READY IN



60 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 4 teaspoons thyme sprigs fresh finely chopped
- 1 ounce gruyere cheese shredded
- 6 servings kosher salt
- 0.5 cup mayonnaise
- 3 tablespoons olive oil plus more to oil the wire rack
- 2 cups panko bread crumbs
- 1.5 pounds chicken breast boneless skinless
- 0.3 cup milk whole

Equipment

- frying pan
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap
- aluminum foil
- meat tenderizer

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with aluminum foil and fit it with a wire rack. Lightly oil the rack and set aside.
- Place the panko, cheese, and measured oil in a shallow dish, season with salt and pepper, and use your hands to combine evenly.
- Place the mayonnaise, milk, and thyme in another shallow dish, season with salt and pepper, and whisk to combine. Set both dishes aside.
- Cut each chicken breast in half crosswise.
- Place 1 piece between 2 sheets of plastic wrap and pound to an even thickness (about 1/2 inch) with a meat mallet or the bottom of a frying pan.
- Place on a large plate or second baking sheet. Repeat with the remaining chicken pieces. Season both sides of the chicken pieces with salt and pepper. Dip 1 piece of chicken in the mayonnaise mixture and turn to coat. Then dip it in the panko mixture, turn to coat, and press the mixture onto the chicken to adhere.
- Place the breaded chicken on the prepared wire rack and repeat with the remaining chicken pieces, leaving at least 1/4 to 1/2 inch of space between the pieces.
- Bake until the chicken is golden brown and cooked through, about 40 minutes.

Nutrition Facts



■ PROTEIN 27.51% ■ FAT 57.77% ■ CARBS 14.72%

Properties

Glycemic Index:27.5, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:17.367826161177%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg

Nutrients (% of daily need)

Calories: 424.3kcal (21.21%), Fat: 26.84g (41.29%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.27g (5.19%), Sugar: 1.85g (2.06%), Cholesterol: 86.83mg (28.94%), Sodium: 628.14mg (27.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Vitamin B3: 13.2mg (65.98%), Selenium: 42.64µg (60.91%), Vitamin B6: 0.89mg (44.5%), Vitamin K: 36.51µg (34.77%), Phosphorus: 315.48mg (31.55%), Vitamin B1: 0.28mg (18.47%), Vitamin B5: 1.83mg (18.3%), Potassium: 491.14mg (14.03%), Vitamin B2: 0.23mg (13.6%), Vitamin E: 1.87mg (12.47%), Manganese: 0.24mg (11.97%), Calcium: 110.02mg (11%), Magnesium: 43.5mg (10.88%), Iron: 1.72mg (9.53%), Zinc: 1.23mg (8.18%), Vitamin B12: 0.45µg (7.49%), Folate: 27.96µg (6.99%), Copper: 0.1mg (4.78%), Fiber: 1.1g (4.45%), Vitamin C: 3.5mg (4.24%), Vitamin A: 171.31IU (3.43%), Vitamin D: 0.29µg (1.94%)