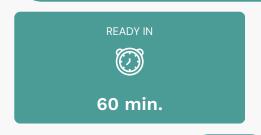


Crispy Baked Chicken Breasts







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.3 cup milk whole

	servings pepper black freshly ground
4	teaspoons thyme sprigs fresh finely chopped
1	ounce gruyere cheese shredded
<u> </u>	servings kosher salt
	0.5 cup mayonnaise
3	s tablespoons olive oil plus more to oil the wire rac
2	cups panko bread crumbs
1.	5 pounds chicken breast boneless skinless

Eq	uipment
	frying pan
	baking sheet
	oven
	whisk
	wire rack
	plastic wrap
	aluminum foil
	meat tenderizer
Di	rections
	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 is 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

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

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: Og (100%), Alcohol %: O% (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: 1.11g (4.45%), Vitamin C: 3.5mg (4.24%), Vitamin A: 171.31IU (3.43%), Vitamin D: 0.29µg (1.94%)