



Crunchy Lemon Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large cucumber diced seedless finely
- ☐ 0.3 cup flat-leaf parsley leaves chopped
- ☐ 1 garlic clove minced
- ☐ 1 juice of lemon
- ☐ 1 cup yogurt plain 1% low-fat
- ☐ 1 cup panko crumbs whole-wheat
- ☐ 0.5 teaspoon paprika
- ☐ 3 tablespoons parmesan cheese finely grated
- ☐ 12 radishes diced finely

- ☐ 4 servings salt and pepper
- ☐ 16 oz chicken breast halves boneless skinless

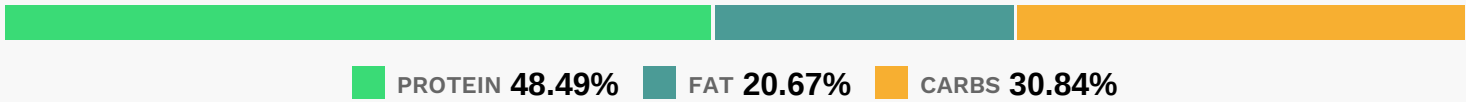
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 450F. Fit a wire rack into a rimmed baking sheet.
- ☐ In a bowl, mix yogurt, parsley, garlic, lemon zest and juice, and a pinch of salt and pepper.
- ☐ Transfer half to a dish, add chicken and turn to coat. Set aside remaining yogurt mixture.
- ☐ Combine panko, Parmesan and paprika. Dredge chicken in panko mixture.
- ☐ Transfer to rack in baking sheet. Mist chicken with cooking spray; sprinkle with salt and pepper.
- ☐ Bake chicken until golden brown and cooked through, about 15 minutes. Stir cucumber and radishes into reserved yogurt mixture and serve with chicken.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:22.161739157594%

Flavonoids

Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.08mg, Quercetin:

0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 260.89kcal (13.04%), Fat: 5.91g (9.09%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 18.35g (6.67%), Sugar: 6.97g (7.75%), Cholesterol: 79.51mg (26.5%), Sodium: 552.28mg (24.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.19g (62.38%), Vitamin K: 75.57µg (71.97%), Vitamin B3: 13.09mg (65.43%), Selenium: 43.83µg (62.62%), Vitamin B6: 0.96mg (48.03%), Phosphorus: 399.97mg (40%), Vitamin B5: 2.32mg (23.23%), Potassium: 774.66mg (22.13%), Vitamin B2: 0.36mg (20.94%), Calcium: 201.03mg (20.1%), Vitamin B1: 0.27mg (18.31%), Vitamin C: 13.85mg (16.79%), Magnesium: 61.57mg (15.39%), Manganese: 0.25mg (12.6%), Vitamin A: 616.84IU (12.34%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.67µg (11.22%), Folate: 43.14µg (10.79%), Iron: 1.77mg (9.81%), Copper: 0.13mg (6.3%), Fiber: 1.49g (5.97%), Vitamin E: 0.4mg (2.67%)