

Green Fried Chicken

READY IN



70 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs dry
- 1 tablespoon parsley fresh chopped
- 3 tablespoons jalapeno pepper sauce green
- 0.5 cup mayonnaise
- 0.3 cup parmesan cheese grated
- 1 pound chicken breast boneless skinless

Equipment

- baking sheet

oven

Directions

- Preheat oven to 400 degrees F.
- Combine mayonnaise and TABASCO® Green Sauce in a pie plate and mix well.
- Combine bread crumbs, cheese, and parsley in a second pie plate.
- Dip each chicken breast into mayonnaise mixture and coat well on both sides, then dip into bread crumb mixture and coat well.
- Place on a baking sheet and bake 20 to 25 minutes or until chicken is golden brown and no longer pink inside.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:17.548695714577%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 400.74kcal (20.04%), Fat: 26.39g (40.6%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.22g (3.71%), Sugar: 1.13g (1.26%), Cholesterol: 89.77mg (29.92%), Sodium: 775.79mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.15%), Vitamin B3: 12.77mg (63.83%), Selenium: 42.52µg (60.75%), Vitamin K: 63.5µg (60.47%), Vitamin B6: 0.89mg (44.46%), Phosphorus: 307.57mg (30.76%), Vitamin B5: 1.77mg (17.74%), Vitamin B1: 0.21mg (14.13%), Potassium: 482.71mg (13.79%), Vitamin C: 9.98mg (12.1%), Vitamin B2: 0.2mg (11.98%), Magnesium: 38.74mg (9.69%), Calcium: 90.02mg (9%), Vitamin E: 1.2mg (7.97%), Zinc: 1.19mg (7.92%), Manganese: 0.15mg (7.74%), Iron: 1.27mg (7.04%), Vitamin B12: 0.39µg (6.53%), Folate: 22.86µg (5.72%), Vitamin A: 206.32IU (4.13%), Copper: 0.08mg (3.85%), Fiber: 0.67g (2.68%), Vitamin D: 0.2µg (1.34%)