



Hazelnut Chicken

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 1 garlic clove minced
- ☐ 1.3 cup hazelnuts
- ☐ 1 teaspoon honey
- ☐ 4 servings kosher salt and ground pepper black finely
- ☐ 2.5 tablespoons juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 1 cup panko breadcrumbs

- ☐ 2 plum tomatoes chopped
- ☐ 1 baby greens chopped
- ☐ 4 scallions white green
- ☐ 24 ounce chicken breasts boneless skinless
- ☐ 6 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ meat tenderizer

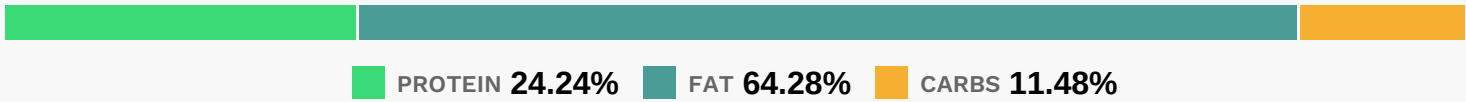
Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place the chicken on a work surface and pound it into 3/4-inch thickness with a meat pounder. Pulse the hazelnuts in a food processor until finely ground. Set aside 3 tablespoon of the hazelnuts, and combine the rest with the panko, 1 teaspoon salt, and 1/2 teaspoon pepper and spread evenly on a baking sheet. Season the chicken with a pinch each salt and pepper. Beat the eggs together with 1/2 teaspoon salt then dip each chicken, letting excess drip off. Dredge the chicken in the nut mixture.
- ☐ Heat 1 1/2 tablespoons of the oil in a large heavy skillet over medium high heat until hot, then add chicken, 2 at a time and brown, turning once, about 2 minutes per side. Brown remaining chicken with the same amount of oil for each batch, wiping out the skillet as necessary.
- ☐ Place chicken on a baking sheet and finish cooking in oven, about 6 minutes.
- ☐ While the chicken cooks, whisk together the honey, lemon juice, garlic, and 1/4 teaspoon salt in a medium bowl. Slowly stream the olive oil into the dressing while whisking. Once creamy and smooth, stir in the reserved 3 tablespoons of hazelnuts. Toss together the dressing with the romaine hearts, tomatoes, and scallions.

☐

Serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:43.079130981279%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 775.46kcal (38.77%), Fat: 56.38g (86.73%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 16.99g (6.18%), Sugar: 5.76g (6.4%), Cholesterol: 201.86mg (67.29%), Sodium: 348.76mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.83g (95.65%), Manganese: 2.61mg (130.61%), Vitamin K: 103.92µg (98.97%), Vitamin B3: 19.78mg (98.91%), Selenium: 67.11µg (95.87%), Vitamin B6: 1.61mg (80.66%), Vitamin A: 3033.15IU (60.66%), Vitamin E: 8.95mg (59.7%), Phosphorus: 562.68mg (56.27%), Copper: 0.79mg (39.73%), Vitamin B1: 0.55mg (36.49%), Vitamin B5: 3.33mg (33.3%), Potassium: 1139.58mg (32.56%), Folate: 129.68µg (32.42%), Magnesium: 125.52mg (31.38%), Vitamin B2: 0.42mg (24.98%), Iron: 4.16mg (23.12%), Fiber: 5.66g (22.65%), Vitamin C: 15.91mg (19.28%), Zinc: 2.63mg (17.52%), Calcium: 116.29mg (11.63%), Vitamin B12: 0.62µg (10.25%), Vitamin D: 0.67µg (4.47%)