



WHATSheATE



Hazelnut-Crusted Chicken with Raspberry Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups the salad
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 3 teaspoons pepper black divided
- ☐ 4.5 ounces hazelnuts chopped
- ☐ 0.3 cup dijon honey mustard
- ☐ 0.3 cup mayonnaise

- ☐ 0.8 cup panko bread crumbs dried plain (Japanese breadcrumbs)
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 cup raspberries fresh
- ☐ 3.5 ounces raspberries fresh packed
- ☐ 0.5 cup safflower oil
- ☐ 4 large chicken breast halves boneless skinless
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted ()
- ☐ 3 teaspoons water
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

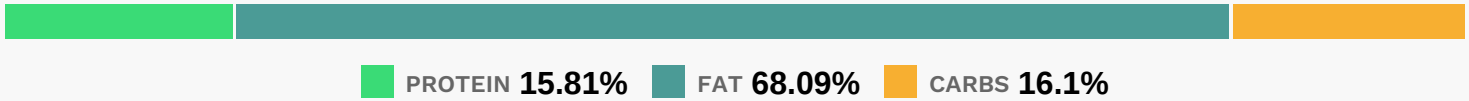
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Puree raspberries, white wine vinegar, and sugar in blender until smooth. With blender running, gradually add safflower oil.
- ☐ Add water by teaspoonfuls as needed to thin to desired consistency. Season raspberry sauce to taste with salt and pepper.
- ☐ Preheat oven to 375°F.
- ☐ Mix hazelnuts, panko, 1 tablespoon coarse salt, and 2 teaspoons pepper in shallow bowl.
- ☐ Mix honey mustard, mint leaves, mayonnaise, Dijon mustard, remaining 1 teaspoon coarse salt, and remaining 1 teaspoon pepper in bowl.
- ☐ Add chicken; coat.
- ☐ Dip chicken pieces, 1 at a time, into crumb-nut mixture, coating both sides and pressing to adhere.

- ☐ Transfer coated chicken pieces to baking sheet.
- ☐ Divide equal amounts of butter and peanut oil between 2 large nonstick skillet; heat over medium-high heat.
- ☐ Add 2 chicken pieces to each skillet; reduce heat to medium and cook until chicken is light brown, about 4 minutes per side.
- ☐ Place chicken on rimmed baking sheet; transfer to oven. Roast chicken until cooked through, about 15 minutes.
- ☐ Divide salad greens among 4 plates; top with chicken.
- ☐ Garnish with fresh raspberries and serve raspberry sauce alongside.

Nutrition Facts



Properties

Glycemic Index:62.77, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:31.375651991886%

Flavonoids

Cyanidin: 20.36mg, Cyanidin: 20.36mg, Cyanidin: 20.36mg, Cyanidin: 20.36mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 801.09kcal (40.05%), Fat: 61.2g (94.15%), Saturated Fat: 13.26g (82.9%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 25.54g (9.29%), Sugar: 11.14g (12.37%), Cholesterol: 108.3mg (36.1%), Sodium: 2206.36mg (95.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.93%), Manganese: 2.68mg (133.88%), Vitamin B3: 13.67mg (68.36%), Vitamin E: 9.67mg (64.49%), Selenium: 41.83µg (59.76%), Vitamin B6: 1.11mg (55.34%), Phosphorus: 391.85mg (39.19%), Copper: 0.71mg (35.34%), Vitamin K: 35.37µg (33.69%), Vitamin C:

24.34mg (29.5%), Vitamin B1: 0.42mg (28.32%), Fiber: 7.03g (28.11%), Magnesium: 107.68mg (26.92%), Potassium: 843.8mg (24.11%), Vitamin B5: 2.23mg (22.28%), Vitamin A: 1036.94IU (20.74%), Folate: 81.67µg (20.42%), Iron: 3.49mg (19.36%), Vitamin B2: 0.25mg (14.86%), Zinc: 1.98mg (13.19%), Calcium: 102.24mg (10.22%), Vitamin B12: 0.31µg (5.1%), Vitamin D: 0.35µg (2.34%)