



Honey-Pecan Chicken

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 skinned and boned chicken breast halves
- 2 tablespoons honey
- 0.3 cup pecans finely chopped
- 1 teaspoon pepper
- 1 teaspoon salt
- 2 tablespoons lite soy sauce
- 2 cups wheat cereal squares crushed

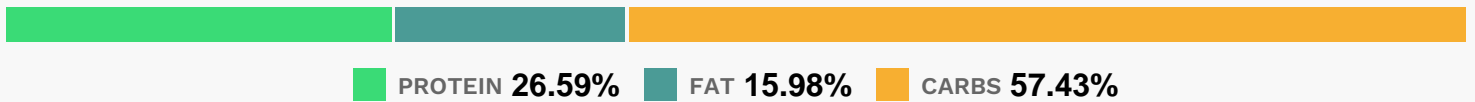
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Stir together soy sauce and honey; set mixture aside.
- Combine cereal crumbs and pecans.
- Sprinkle salt and pepper evenly over chicken. Dip both sides of chicken breast in soy sauce mixture; dredge in crumb mixture to coat.
- Arrange chicken breasts on an aluminum-foil lined baking sheet coated with cooking spray.
- Bake at 425 for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:42.817826040413%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 464.84kcal (23.24%), Fat: 8.98g (13.81%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 72.59g (24.2%), Net Carbohydrates: 61.8g (22.47%), Sugar: 14.47g (16.08%), Cholesterol: 72.32mg (24.11%), Sodium: 1307.2mg (56.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.23%), Vitamin D: 67.21µg (448.06%), Folate: 678.28µg (169.57%), Iron: 24.94mg (138.56%), Vitamin B3: 20.5mg (102.48%), Vitamin B6: 1.71mg (85.63%), Zinc: 9.78mg (65.23%), Selenium: 36.51µg (52.16%), Phosphorus: 514.33mg (51.43%), Vitamin B2: 0.85mg (49.79%), Vitamin B1: 0.75mg (49.69%), Vitamin B12: 2.74µg (45.71%), Fiber: 10.79g (43.16%), Magnesium: 106.92mg (26.73%), Potassium: 749.04mg (21.4%), Manganese: 0.37mg (18.42%), Calcium: 180.97mg (18.1%), Vitamin A: 877.82IU (17.56%), Vitamin B5: 1.69mg (16.94%), Vitamin C: 11.52mg (13.97%), Copper: 0.12mg (5.93%), Vitamin E: 0.3mg

(2.02%)