



Honey-Pecan Crusted Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce chicken breast halves
- ☐ 4 ounce skin-on chicken drumsticks
- ☐ 1.3 cups oatmeal cornflakes crushed finely (4 cups uncrushed cereal)
- ☐ 2 tablespoons dijon mustard
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup honey
- ☐ 0.8 teaspoon paprika
- ☐ 0.5 cup pecans finely chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

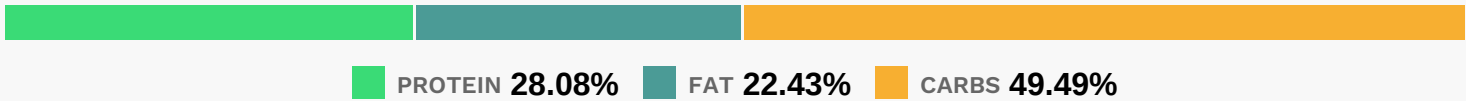
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle salt and pepper evenly over chicken; set aside.
- ☐ Combine honey, mustard, paprika, and garlic powder in a small bowl; stir well.
- ☐ Combine cornflakes and pecans in a shallow dish; stir well.
- ☐ Brush both sides of chicken with honey mixture; dredge in cornflake mixture.
- ☐ Place chicken pieces on a large baking sheet coated with cooking spray. Lightly coat chicken with cooking spray, and bake at 400 for 40 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:4.61, Inflammation Score:-8, Nutrition Score:24.537826224514%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 326.44kcal (16.32%), Fat: 8.29g (12.76%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 39.01g (14.18%), Sugar: 12.55g (13.95%), Cholesterol: 63.17mg (21.06%), Sodium: 492.54mg (21.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Vitamin B3: 16.08mg (80.4%), Vitamin B6: 1.35mg (67.73%), Iron: 11.38mg (63.24%), Selenium: 33.77µg (48.24%), Vitamin B1: 0.61mg (40.69%), Vitamin B2: 0.68mg (40.04%), Vitamin B12: 2.07µg (34.51%), Folate: 137.76µg (34.44%), Phosphorus: 256.3mg (25.63%), Manganese: 0.42mg (20.94%), Vitamin A: 789.28IU (15.79%), Vitamin B5: 1.48mg (14.78%), Potassium: 442.71mg (12.65%), Magnesium: 49.16mg (12.29%), Vitamin C: 8.93mg (10.82%), Copper: 0.19mg (9.64%), Vitamin D: 1.43µg (9.5%), Zinc: 1.41mg (9.41%), Fiber: 2.14g (8.57%), Vitamin E: 0.39mg (2.59%), Calcium: 15.61mg (1.56%)