



Macadamia Nut Chicken Breasts With Tropical Marmalade

READY IN



80 min.

SERVINGS



6

CALORIES



916 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs
- 1.5 tablespoons brown sugar
- 1 tablespoon butter
- 6 servings chicken (recipe (below))
- 3 eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 teaspoon ginger fresh minced
- 0.1 teaspoon mint leaves fresh chopped

- 1 teaspoon garlic fresh minced
- 0.5 cup gooseberry
- 6 tablespoons granulated sugar to taste (or)
- 0.1 teaspoon horseradish prepared
- 1 cup macadamia nuts finely chopped
- 6 servings jam (recipe below)
- 1 tablespoon rice wine sweet (Japanese rice wine)
- 2 tablespoons cooking oil
- 1 tablespoon olive oil
- 3 cups papaya diced
- 2 cups pineapple diced
- 6 chicken breast boneless skinless
- 0.5 cup soya sauce

Equipment

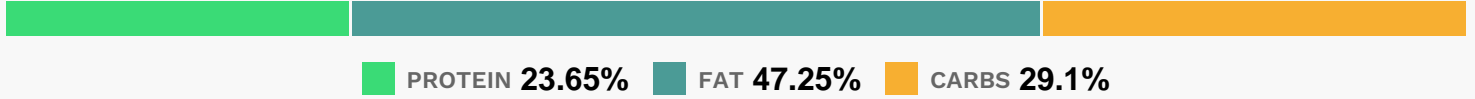
- bowl
- frying pan
- sauce pan

Directions

- Combine all the marinade ingredients in a large bowl, and blend well.
- Add chicken breasts, and let marinate for 1 hour in the refrigerator, turning occasionally. While chicken is marinating, prepare the Tropical Marmalade by combining in a saucepan all the Tropical Marmalade ingredients (except mint); bring to a boil. Reduce heat to a simmer and let simmer for 1 hour or until the mixture reaches jam consistency. Stir frequently to avoid scorching. Cool. Fold in fresh mint, to taste; set aside.
- Remove chicken from refrigerator, and let drain.
- Combine macadamia nuts and bread crumbs in a shallow dish. Dredge chicken breasts in flour, then dip in beaten eggs, and then coat with the macadamia nut mixture. In a heavy skillet, heat oil and butter over medium heat.

- Saute chicken for 6 to 8 minutes, turning once. (
- Add a litte more oil if necessary, since macadamia nuts may absorb oil.).
- Serve with Tropical Marmalade.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:29.53, Inflammation Score:-8, Nutrition Score:38.546521518541%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 916.03kcal (45.8%), Fat: 48.39g (74.44%), Saturated Fat: 10.81g (67.58%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 61.36g (22.31%), Sugar: 37.79g (41.99%), Cholesterol: 240.54mg (80.18%), Sodium: 1447.66mg (62.94%), Alcohol: 0.4g (100%), Alcohol %: 0.1% (100%), Protein: 54.5g (109%), Vitamin B3: 22.59mg (112.94%), Selenium: 67.62µg (96.6%), Vitamin C: 77.7mg (94.18%), Manganese: 1.83mg (91.67%), Vitamin B6: 1.49mg (74.74%), Phosphorus: 561.29mg (56.13%), Vitamin B1: 0.71mg (47.05%), Vitamin B5: 3.6mg (35.98%), Vitamin B2: 0.57mg (33.79%), Magnesium: 122.69mg (30.67%), Potassium: 1050.86mg (30.02%), Iron: 4.72mg (26.25%), Folate: 99.78µg (24.94%), Copper: 0.47mg (23.42%), Fiber: 5.7g (22.81%), Vitamin A: 1096.17IU (21.92%), Zinc: 3.16mg (21.09%), Vitamin E: 2.41mg (16.05%), Vitamin B12: 0.81µg (13.49%), Calcium: 111.64mg (11.16%), Vitamin K: 9.95µg (9.48%), Vitamin D: 0.77µg (5.13%)