



Maple-Pecan Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.3 cup maple syrup pure
- 2 tablespoons mayonnaise
- 0.5 cup panko bread crumbs plain crispy
- 0.5 cup pecans finely chopped

Equipment

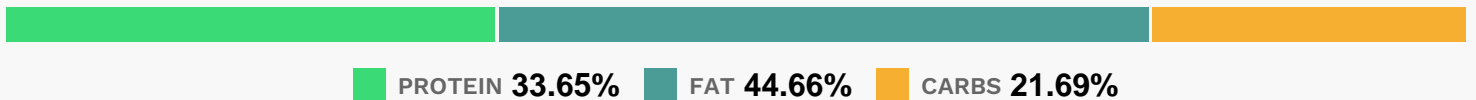
- baking sheet
- oven

- plastic wrap
- aluminum foil
- rolling pin
- meat tenderizer

Directions

- Heat oven to 400°F. Line baking sheet with foil; spray with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2-inch thick.
- In shallow dish, mix together maple syrup and mayonnaise. In another shallow dish, mix together panko and pecans. Dip chicken into syrup mixture, then into panko.
- Place on baking sheet. Spray top of chicken with cooking spray.
- Bake 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165°F) and coating is golden brown.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:5.03, Inflammation Score:-4, Nutrition Score:20.240869776062%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 387.3kcal (19.37%), Fat: 19.11g (29.41%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 19.25g (7%), Sugar: 13.1g (14.56%), Cholesterol: 93.66mg (31.22%), Sodium: 265.59mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Vitamin B3: 15.46mg (77.29%), Selenium: 47.93µg (68.47%), Manganese: 1.17mg (58.33%), Vitamin B6: 1.1mg (55%), Phosphorus: 349.26mg (34.93%), Vitamin B2: 0.45mg (26.27%), Vitamin B5: 2.19mg (21.91%), Potassium: 641.71mg (18.33%), Vitamin B1: 0.27mg (17.81%), Magnesium: 60.86mg (15.22%), Vitamin K: 12.67µg (12.06%), Zinc: 1.7mg (11.33%), Copper: 0.22mg (11.11%), Iron:

1.27mg (7.05%), Fiber: 1.65g (6.58%), Vitamin B12: 0.32µg (5.3%), Calcium: 52.85mg (5.28%), Vitamin E: 0.7mg (4.64%), Folate: 17.04µg (4.26%), Vitamin C: 1.85mg (2.24%), Vitamin A: 54.7IU (1.09%), Vitamin D: 0.16µg (1.04%)