



Nut-crusted Chicken with Herbed Carrots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings citrus-herb roasted baby carrots
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons spicy dijon mustard
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 cup roasted salted shelled finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 24 ounce chicken breasts boneless skinless

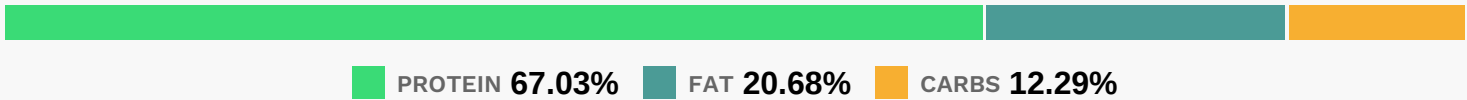
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Line a baking sheet with parchment paper.
- ☐ Place pistachios in a shallow bowl.
- ☐ Whisk together mustard, orange juice, salt, and 1/4 teaspoon pepper in a second shallow bowl. Coat 1 side of each chicken breast with mustard mixture, and dip coated side of chicken in chopped nuts.
- ☐ Place chicken, nut sides up, on prepared baking sheet.
- ☐ Sprinkle with remaining 1/4 teaspoon pepper.
- ☐ Bake 20 minutes or until chicken is cooked through and nuts are lightly browned.
- ☐ Sprinkle chicken with orange zest, if desired.
- ☐ Serve with Citrus-Herb Roasted Baby Carrots.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:26.966087056243%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.81kcal (13.49%), Fat: 5.99g (9.21%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.51g (5.01%), Cholesterol: 127.49mg (42.5%), Sodium: 433.37mg (18.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.3%), Vitamin A: 11787.72IU (235.75%), Vitamin B3: 19.97mg (99.87%), Selenium: 65.95µg (94.22%), Vitamin B6: 1.59mg (79.71%), Phosphorus: 456.76mg (45.68%), Vitamin B5: 3.02mg (30.19%), Potassium: 964.5mg (27.56%), Vitamin B1: 0.28mg (18.91%), Magnesium: 64.91mg (16.23%), Vitamin B2: 0.26mg (15.45%), Fiber: 2.86g (11.44%), Zinc: 1.72mg (11.44%), Manganese: 0.22mg (10.99%), Iron: 1.7mg (9.43%), Vitamin K: 8.86µg (8.43%), Vitamin B12: 0.49µg (8.18%), Copper: 0.16mg (7.94%), Folate: 31.6µg (7.9%), Vitamin C: 6.41mg (7.77%), Calcium: 43.53mg (4.35%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.29µg (1.92%)