



## Oatmeal-Crusted Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 0.7 cup flour
- ☐ 2 tablespoons oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinless boneless chicken breast halves boneless skinless
- ☐ 0.5 cup whole grain rolled oats

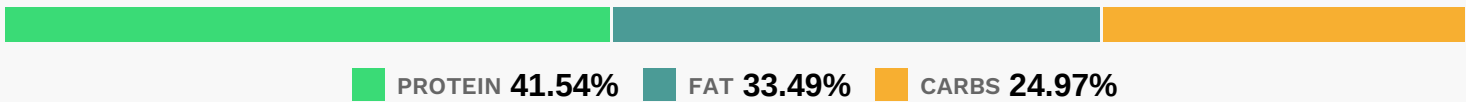
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

# Directions

- ☐ Preheat oven to 42
- ☐ Place chicken breast halves in a zip-top plastic bag.
- ☐ Combine buttermilk and egg.
- ☐ Add egg mixture to bag, and seal. Marinate in refrigerator for 4 hours.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Combine flour and ground oats. Dredge the chicken in flour mixture.
- ☐ Heat oil in a large ovenproof skillet over medium-high heat.
- ☐ Add chicken; saut for 4 minutes. Turn chicken over.
- ☐ Bake at 425 for 10 minutes or until done.

# Nutrition Facts



# Properties

Glycemic Index:44.5, Glycemic Load:14.78, Inflammation Score:0, Nutrition Score:24.752608786459%

# Nutrients (% of daily need)

Calories: 425.74kcal (21.29%), Fat: 15.45g (23.77%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 24.29g (8.83%), Sugar: 3.13g (3.48%), Cholesterol: 161.96mg (53.99%), Sodium: 569.82mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.26%), Selenium: 70.49µg (100.7%), Vitamin B3: 19.15mg (95.75%), Vitamin B6: 1.34mg (66.85%), Phosphorus: 497.4mg (49.74%), Vitamin B5: 3.05mg (30.52%), Manganese: 0.57mg (28.7%), Vitamin B2: 0.45mg (26.44%), Vitamin B1: 0.35mg (23.5%), Potassium: 789.97mg (22.57%), Magnesium: 70.73mg (17.68%), Folate: 57.09µg (14.27%), Iron: 2.29mg (12.72%), Zinc: 1.89mg (12.63%), Vitamin B12: 0.73µg (12.12%), Vitamin E: 1.78mg (11.86%), Calcium: 94.19mg (9.42%), Vitamin D: 1.2µg (8%), Copper:

0.14mg (7.16%), Fiber: 1.65g (6.6%), Vitamin K: 6.22µg (5.93%), Vitamin A: 218.9IU (4.38%), Vitamin C: 2.04mg (2.47%)