



Pan-Fried Cornmeal Chicken with Corn and Onions

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1.5 teaspoons cajun spice
- 1 cup whole-kernel corn frozen thawed
- 1 teaspoon cornstarch
- 0.3 cup less-sodium chicken broth fat-free
- 0.5 cup bell pepper green chopped
- 0.3 cup cornmeal stone-ground

- 1 tablespoon butter light
- 0.5 cup onion chopped
- 0.3 teaspoon salt
- 16 ounce chicken breast halves boneless skinless

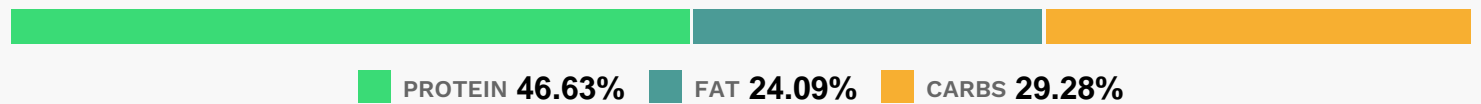
Equipment

- frying pan
- ziploc bags

Directions

- Place cornmeal and seasoning in a zip-top plastic bag; add chicken. Seal and shake well to coat.
- Melt butter in a large skillet over medium- high heat.
- Add chicken, and cook 6 minutes on each side or until done.
- Remove chicken from pan.
- Coat pan with cooking spray.
- Add onion, bell pepper, and corn to pan; saut 2 minutes over medium heat.
- Add salt and black pepper.
- Combine chicken broth and cornstarch, stirring well; add to chicken, and cook until slightly thickened and bubbly.
- Serve corn mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:4.82, Inflammation Score:-6, Nutrition Score:15.72739110304%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:

0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 229.03kcal (11.45%), Fat: 6.13g (9.44%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 14.07g (5.12%), Sugar: 3.38g (3.75%), Cholesterol: 76.28mg (25.43%), Sodium: 441.89mg (19.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.41%), Vitamin B3: 12.78mg (63.89%), Selenium: 37.75µg (53.92%), Vitamin B6: 1.01mg (50.41%), Phosphorus: 294.67mg (29.47%), Vitamin C: 18.48mg (22.4%), Vitamin B5: 1.91mg (19.06%), Potassium: 593.62mg (16.96%), Magnesium: 51.13mg (12.78%), Vitamin A: 550.96IU (11.02%), Vitamin B2: 0.19mg (10.91%), Fiber: 2.69g (10.77%), Manganese: 0.2mg (9.93%), Vitamin B1: 0.14mg (9.44%), Zinc: 1.2mg (8.01%), Folate: 29.35µg (7.34%), Iron: 1.17mg (6.48%), Copper: 0.1mg (4.92%), Vitamin B12: 0.27µg (4.49%), Vitamin E: 0.64mg (4.24%), Vitamin K: 2.58µg (2.45%), Calcium: 18.49mg (1.85%)