



## Panko-Crusted Chicken with Roasted Corn Hash and Buttermilk Dressing

READY IN



50 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 ears corn yellow with husks
- 1 tablespoon flat-leaf parsley fresh chopped
- 3 green onions thinly sliced
- 0.5 teaspoon ground pepper red divided
- 0.4 teaspoon kosher salt divided
- 1 teaspoon juice of lemon fresh
- 1.3 cups buttermilk low-fat divided
- 1 tablespoon olive oil

- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 teaspoon paprika divided
- 1 tablespoon bottled roasted bell pepper liquid red
- 4 ounces bottled roasted bell peppers red chopped
- 16 ounce chicken breast halves boneless skinless cut in half lengthwise
- 3 slices center-cut bacon chopped

## Equipment

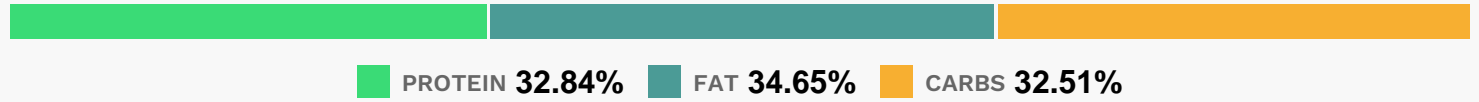
- bowl
- frying pan
- oven
- ziploc bags
- slotted spoon

## Directions

- Preheat oven to 400
- Combine 1 cup buttermilk, 1/4 teaspoon paprika, and 1/4 teaspoon ground red pepper in a large zip-top plastic bag.
- Add chicken; seal bag, and marinate in refrigerator 30 minutes, turning bag occasionally.
- Place corn directly on oven rack.
- Bake at 400 for 30 minutes. Cool slightly; remove husks and silks.
- Cut kernels from ears of corn, and place in a large bowl; discard corn cobs.
- Combine remaining 1/4 cup buttermilk, parsley, and lemon juice in a bowl.
- Combine remaining 1/4 teaspoon paprika, remaining 1/4 teaspoon ground red pepper, and panko in a shallow dish.
- Remove chicken from marinade; discard marinade.
- Sprinkle chicken evenly with 1/4 teaspoon salt. Dredge chicken in panko mixture.
- Place bacon in a large nonstick skillet over medium heat; cook 8 minutes or until crisp.
- Remove bacon from pan with a slotted spoon; set aside.

- Add oil to drippings in pan.
- Add chicken; cook 4 minutes on each side or until golden brown and done.
- Combine remaining 1/8 teaspoon salt, corn, bacon, green onions, roasted red peppers, and red pepper liquid in a large bowl. Divide corn mixture evenly among 4 plates; top each with 1 chicken cutlet.
- Drizzle with buttermilk dressing.

## Nutrition Facts



### Properties

Glycemic Index:27.75, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:24.851304541463%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

### Nutrients (% of daily need)

Calories: 406.45kcal (20.32%), Fat: 16g (24.61%), Saturated Fat: 4.32g (27%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 30.48g (11.08%), Sugar: 10.46g (11.62%), Cholesterol: 86.46mg (28.82%), Sodium: 1134.13mg (49.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.21%), Vitamin B3: 15.41mg (77.04%), Selenium: 45.61µg (65.16%), Vitamin B6: 1.1mg (54.8%), Phosphorus: 445.43mg (44.54%), Vitamin K: 39.1µg (37.24%), Vitamin C: 26.83mg (32.52%), Vitamin B1: 0.44mg (29.6%), Vitamin B5: 2.67mg (26.73%), Potassium: 927.16mg (26.49%), Vitamin B2: 0.38mg (22.09%), Magnesium: 86.19mg (21.55%), Manganese: 0.38mg (19.09%), Folate: 75.18µg (18.8%), Vitamin A: 811.52IU (16.23%), Calcium: 144.93mg (14.49%), Fiber: 3.29g (13.14%), Zinc: 1.92mg (12.8%), Iron: 2.26mg (12.58%), Copper: 0.19mg (9.32%), Vitamin B12: 0.53µg (8.78%), Vitamin E: 1.11mg (7.39%), Vitamin D: 0.18µg (1.2%)