



Parmesan and Pine Nut-Crusted Oven-Fried Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1 large egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon rosemary leaves fresh finely chopped
- ☐ 1 tablespoon cornmeal yellow finely
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup nonfat buttermilk
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup parmesan grated
- ☐ 3 tablespoons pinenuts toasted
- ☐ 24 ounce chicken breast halves boneless skinless

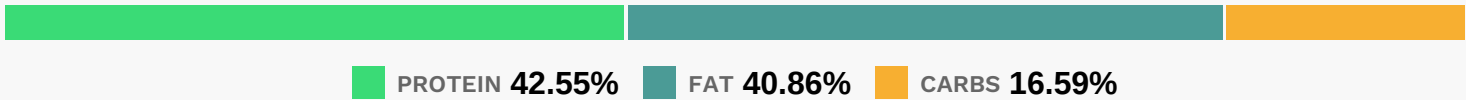
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 3 ingredients in a mini chopper. Pulse until finely ground.
- ☐ Combine nut mixture, baking soda, and next 3 ingredients (through cheese) in a shallow dish.
- ☐ Combine buttermilk and egg white in a shallow dish. Dip chicken in buttermilk mixture; sprinkle evenly with salt and pepper. Dredge in flour mixture.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil; swirl.
- ☐ Add chicken; saut 3 minutes or until browned. Turn chicken over.
- ☐ Place pan in oven; bake at 425 for 10 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:23.236087203026%

Nutrients (% of daily need)

Calories: 413.95kcal (20.7%), Fat: 18.47g (28.42%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.87g (5.77%), Sugar: 1.96g (2.17%), Cholesterol: 113.7mg (37.9%), Sodium: 766.6mg (33.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.28g (86.56%), Vitamin B3: 19.08mg (95.41%), Selenium:

63.03µg (90.04%), Vitamin B6: 1.31mg (65.55%), Phosphorus: 468.45mg (46.85%), Manganese: 0.83mg (41.52%), Vitamin B5: 2.58mg (25.78%), Potassium: 722.37mg (20.64%), Vitamin B2: 0.32mg (19.06%), Magnesium: 73.34mg (18.33%), Vitamin B1: 0.27mg (18.02%), Vitamin E: 2.28mg (15.22%), Zinc: 1.84mg (12.29%), Iron: 1.93mg (10.71%), Folate: 39.76µg (9.94%), Vitamin K: 9.75µg (9.28%), Calcium: 92.35mg (9.24%), Copper: 0.18mg (9.04%), Vitamin B12: 0.42µg (7.04%), Fiber: 1.01g (4.02%), Vitamin C: 2.52mg (3.05%), Vitamin A: 103.07IU (2.06%), Vitamin D: 0.2µg (1.34%)