



Parmesan-Crusted Chicken and Asparagus with Sauce Maltaise

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings asparagus with sauce maltaise
- 6 tablespoons butter divided ()
- 3 large eggs
- 1 teaspoon ground pepper black
- 3 tablespoons honey dijon mustard
- 2 cups panko bread crumbs (Japanese breadcrumbs;)
- 4.5 ounces parmesan cheese grated
- 1.5 teaspoons salt

- 6 chicken breast halves boneless skinless
- 1 large bunch watercress thick trimmed

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 500°F. Butter large rimmed baking sheet with 2 tablespoons butter. Melt remaining 4 tablespoons butter in small saucepan and set aside.
- Whisk eggs and mustard in bowl to blend.
- Mix panko, Parmesan, salt, and pepper in large bowl. Dip chicken into egg mixture, then panko mixture, coating generously.
- Place on prepared baking sheet.
- Drizzle reserved melted butter over chicken.
- Bake chicken until browned and cooked through, turning once, about 10 minutes.
- Garnish chicken with watercress; serve with Asparagus with Sauce Maltaise.
- *Available in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:20.763478362042%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 449.96kcal (22.5%), Fat: 23.69g (36.44%), Saturated Fat: 12.16g (76.01%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 19.5g (7.09%), Sugar: 2.89g (3.21%), Cholesterol: 213.92mg (71.31%), Sodium: 1395.75mg (60.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.75%), Selenium: 56.54µg (80.76%), Vitamin B3: 13.18mg (65.88%), Vitamin B6: 0.94mg (46.9%), Phosphorus: 461.51mg (46.15%), Calcium: 254.64mg (25.46%), Vitamin B2: 0.39mg (23.12%), Vitamin B5: 2.21mg (22.09%), Vitamin B1: 0.29mg (19.18%), Vitamin A: 845.02IU (16.9%), Potassium: 554.6mg (15.85%), Zinc: 2.22mg (14.78%), Manganese: 0.28mg (14.08%), Vitamin B12: 0.83µg (13.82%), Vitamin K: 14.34µg (13.66%), Magnesium: 50.3mg (12.58%), Iron: 1.99mg (11.04%), Folate: 40.32µg (10.08%), Vitamin E: 0.98mg (6.55%), Copper: 0.12mg (5.9%), Vitamin D: 0.72µg (4.8%), Fiber: 1.03g (4.1%), Vitamin C: 3.2mg (3.88%)