



Parmesan-Pecan Fried Chicken

 Gluten Free

READY IN



93 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 tablespoon cajun spice
- ☐ 2 pounds chicken breast tenders cut into 1-inch-wide strips
- ☐ 2 large eggs beaten
- ☐ 6 servings pickled okra salsa
- ☐ 1 tablespoon paprika
- ☐ 0.7 cup parmesan cheese grated
- ☐ 1 cup ground pecans

- ☐ 6 servings vegetable oil
- ☐ 0.7 cup cornmeal plain yellow

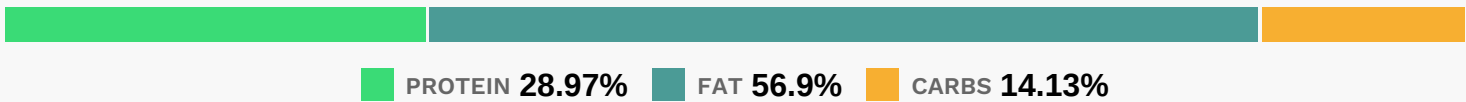
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Place chicken and buttermilk in a large zip-top plastic freezer bag. Seal and chill 1 hour.
- ☐ Remove chicken from buttermilk, discarding buttermilk.
- ☐ Combine pecans and next 4 ingredients in a shallow bowl. Dip chicken in eggs; dredge in pecan mixture, shaking off excess. Arrange on a baking sheet.
- ☐ Pour oil to depth of 1 1/2 inches into a cast-iron Dutch oven or 12-inch (2 1/4-inch-deep) cast-iron skillet; heat to 35
- ☐ Fry chicken, in batches, 2 to 3 minutes or until golden brown and chicken flakes with a fork.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve with Pickled Okra Salsa.
- ☐ Note: We tested with Zatarain's Creole Seasoning.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:29.336086874423%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 583.93kcal (29.2%), Fat: 37.18g (57.2%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 16.33g (5.94%), Sugar: 3.37g (3.75%), Cholesterol: 172.83mg (57.61%), Sodium: 438.63mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.59g (85.17%), Selenium: 60.79µg (86.84%), Vitamin B3: 16.81mg (84.06%), Vitamin B6: 1.4mg (69.94%), Phosphorus: 555.06mg (55.51%), Manganese: 1.03mg (51.29%), Vitamin K: 32.65µg (31.1%), Vitamin A: 1541.89IU (30.84%), Vitamin B5: 2.93mg (29.34%), Potassium: 870.49mg (24.87%), Magnesium: 99.06mg (24.77%), Vitamin B2: 0.41mg (24.02%), Zinc: 3.19mg (21.27%), Vitamin B1: 0.32mg (21.26%), Calcium: 188.91mg (18.89%), Vitamin E: 2.7mg (18%), Fiber: 4.44g (17.77%), Copper: 0.34mg (16.89%), Iron: 2.43mg (13.5%), Vitamin B12: 0.78µg (13.08%), Folate: 34.53µg (8.63%), Vitamin D: 1.06µg (7.07%), Vitamin C: 4.78mg (5.79%)