



Peanut-Crusted Chicken with Pineapple Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1.5 teaspoons canola oil
- 16 ounce chicken cutlets
- 0.3 cup roasted peanuts unsalted
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup pineapple fresh chopped
- 1 tablespoon onion red finely chopped
- 0.5 teaspoon salt

1 ounce sandwich bread white

Equipment

food processor

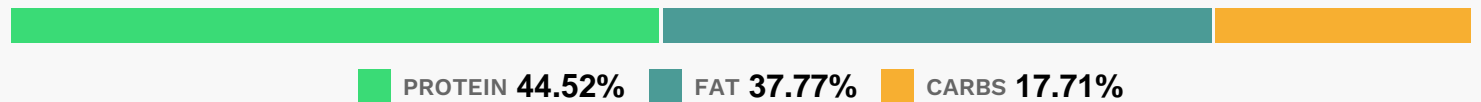
bowl

frying pan

Directions

- Combine first 3 ingredients in a small bowl, tossing well.
- Combine peanuts and bread slice in a food processor; process until finely chopped.
- Sprinkle salt and pepper evenly over chicken. Dredge chicken in the breadcrumb mixture.
- Heat oil in a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add chicken to pan; cook 2 minutes on each side or until done.
- Serve chicken with pineapple mixture.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:56.11, Glycemic Load:5.38, Inflammation Score:-4, Nutrition Score:16.96347845119%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 253.94kcal (12.7%), Fat: 10.71g (16.48%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 9.41g (3.42%), Sugar: 4.55g (5.06%), Cholesterol: 72.57mg (24.19%), Sodium: 509.33mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.82%), Vitamin B3: 14.19mg (70.97%), Selenium: 38.9µg (55.58%), Vitamin B6: 0.94mg (46.83%), Manganese: 0.74mg (37.03%), Phosphorus: 297.45mg (29.74%), Vitamin C: 21.32mg (25.84%), Vitamin B5: 1.92mg (19.16%), Potassium: 572.82mg (16.37%), Magnesium: 57.2mg

(14.3%), Vitamin B1: 0.18mg (12.07%), Vitamin B2: 0.16mg (9.12%), Folate: 35.77µg (8.94%), Copper: 0.17mg (8.38%), Fiber: 1.89g (7.55%), Zinc: 1.02mg (6.8%), Iron: 1.07mg (5.96%), Calcium: 39.32mg (3.93%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.51mg (3.39%), Vitamin K: 2.33µg (2.22%), Vitamin A: 71.9IU (1.44%)