



Peanuty Baked Chicken Cutlets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound chicken breast cutlets ()
- 2 tablespoons dijon mustard
- 2 tablespoons honey
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 cup peach chutney
- 0.3 cup peanuts

Equipment

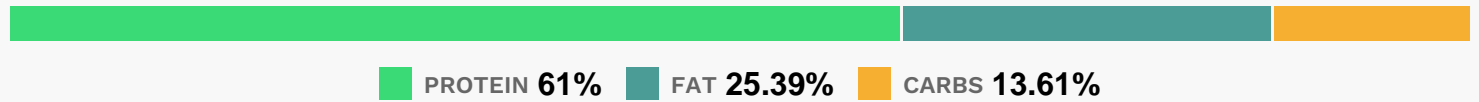
- food processor

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 50
- Combine honey and mustard in a small bowl; stir well.
- Place peanuts in a food processor; pulse until finely chopped.
- Combine peanuts and panko in a shallow bowl.
- Brush each cutlet with honey mixture; dredge cutlets in panko mixture.
- Place cutlets on a baking sheet coated with cooking spray; lightly coat cutlets with cooking spray.
- Bake at 500 for 8 minutes or until done.
- Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:4.98, Inflammation Score:-7, Nutrition Score:33.815217101056%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 686.23kcal (34.31%), Fat: 18.86g (29.01%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 20.42g (7.43%), Sugar: 10.46g (11.63%), Cholesterol: 290.3mg (96.77%), Sodium: 722.82mg (31.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 101.92g (203.84%), Vitamin B3: 50.37mg (251.87%), Selenium: 152.64µg (218.06%), Vitamin B6: 3.47mg (173.4%), Phosphorus: 1035.14mg (103.51%), Vitamin B5: 6.81mg

(68.06%), Potassium: 1826.66mg (52.19%), Magnesium: 151.84mg (37.96%), Vitamin B1: 0.53mg (35.6%), Vitamin B2: 0.54mg (31.91%), Manganese: 0.57mg (28.63%), Zinc: 3.2mg (21.33%), Iron: 3.07mg (17.08%), Folate: 64.71µg (16.18%), Vitamin B12: 0.96µg (15.99%), Copper: 0.29mg (14.35%), Fiber: 2.32g (9.27%), Vitamin C: 5.92mg (7.18%), Calcium: 68.77mg (6.88%), Vitamin E: 0.97mg (6.47%), Vitamin A: 172.78IU (3.46%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.3µg (2.19%)