



## Pecan Breaded Chicken Breasts

READY IN



25 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 3 tablespoons flour all-purpose
- 2 tablespoons maple syrup
- 1 cup pecans chopped
- 1 teaspoon salt
- 4 chicken breast boneless skinless
- 1 tablespoon vegetable oil

### Equipment

frying pan

## Directions

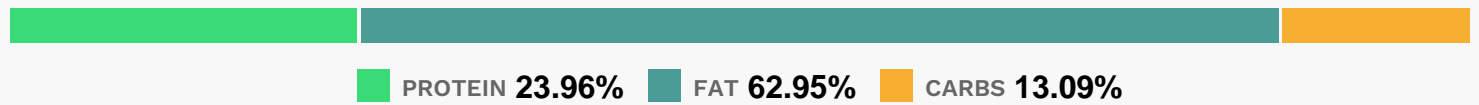
On waxed paper, combine pecans, flour, and salt.

Brush chicken breasts all over with maple syrup. Coat chicken breasts completely with nut mixture.

In a large skillet over medium heat, melt butter and stir in the vegetable oil.

Add chicken, and cook for 12 to 15 minutes until chicken is browned on all sides and tender.

## Nutrition Facts



## Properties

Glycemic Index:42.88, Glycemic Load:5.68, Inflammation Score:-5, Nutrition Score:19.386521743691%

## Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

## Nutrients (% of daily need)

Calories: 444.84kcal (22.24%), Fat: 31.68g (48.74%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 12.05g (4.38%), Sugar: 7.09g (7.88%), Cholesterol: 87.37mg (29.12%), Sodium: 758.47mg (32.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.26%), Manganese: 1.51mg (75.65%), Vitamin B3: 12.45mg (62.24%), Selenium: 39.17µg (55.96%), Vitamin B6: 0.91mg (45.31%), Phosphorus: 320.54mg (32.05%), Vitamin B1: 0.3mg (20.22%), Vitamin B5: 1.88mg (18.78%), Copper: 0.37mg (18.3%), Vitamin B2: 0.31mg (17.98%), Magnesium: 65.85mg (16.46%), Potassium: 560.14mg (16%), Zinc: 2.01mg (13.38%), Fiber: 2.77g (11.07%), Iron: 1.39mg (7.7%), Vitamin K: 7.94µg (7.56%), Vitamin E: 1.04mg (6.93%), Folate: 21.02µg (5.25%), Vitamin A: 224.09IU (4.48%), Vitamin B12: 0.24µg (3.96%), Calcium: 38.51mg (3.85%), Vitamin C: 1.66mg (2.01%)