



Pecan Chicken

READY IN



95 min.

SERVINGS



8

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 tablespoons butter (1 stick)
- 1 cup buttermilk
- 5 pound chickens cut into quarters or pieces
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 1 tablespoon paprika
- 0.3 cup pecan halves
- 1 cup ground pecans
- 0.1 teaspoon pepper

- 1 cup grapes mixed green red
- 1 teaspoon salt
- 0.3 cup sesame seed

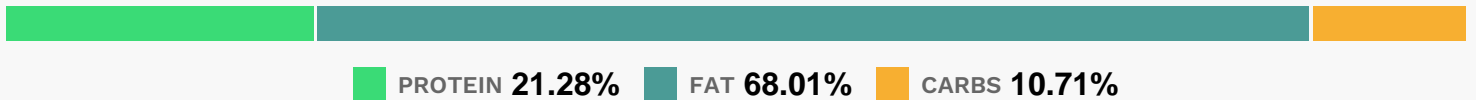
Equipment

- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Melt butter in a 10 by 15-inch baking pan. In a shallow dish, combine buttermilk and egg. In another dish combine flour, pecans, salt, paprika, pepper, and sesame seeds. Dip chicken in buttermilk then in flour.
- Place skin side down in melted butter. Turn to coat and leave skin side up.
- Sprinkle with pecan halves.
- Bake for 1 hour and 25 minutes. Half way through cooking, toss the grapes onto the baking pan as well.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:10.86, Inflammation Score:-9, Nutrition Score:27.376521732496%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg

Nutrients (% of daily need)

Calories: 773.84kcal (38.69%), Fat: 58.63g (90.2%), Saturated Fat: 18.4g (115%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 17.84g (6.49%), Sugar: 5.18g (5.75%), Cholesterol: 231.84mg (77.28%), Sodium: 564.62mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.54%), Vitamin B3: 14.78mg (73.88%), Vitamin A: 2626.35IU (52.53%), Manganese: 1.01mg (50.43%), Selenium: 34.52µg (49.31%), Phosphorus: 477mg (47.7%), Vitamin B6: 0.79mg (39.71%), Vitamin B12: 2.26µg (37.66%), Vitamin B2: 0.57mg (33.43%), Copper: 0.57mg (28.3%), Vitamin B1: 0.42mg (27.79%), Iron: 5mg (27.78%), Zinc: 4.07mg (27.15%), Vitamin B5: 2.56mg (25.59%), Folate: 95.67µg (23.92%), Magnesium: 84.81mg (21.2%), Potassium: 615.63mg (17.59%), Calcium: 124.72mg (12.47%), Fiber: 2.94g (11.77%), Vitamin C: 5.75mg (6.97%), Vitamin E: 0.93mg (6.21%), Vitamin K: 5.18µg (4.94%), Vitamin D: 0.5µg (3.33%)