

DINNER

Pecan Chicken with Honey-Mustard Sauce

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.73	876 kcal

Pecan Chicken with Honey-Mustard Sauce requires roughly 45 minutes from start to finish. Watching your figure? This gluten free and ketogenic recipe has 876 calories, 54g of protein, and 68g of fat per serving. For \$3.73 per serving, this recipe covers 33% of your daily requirements of vitamins and...

Ingredients

- ☐ 1½ tablespoons butter
- ☐ ¼ teaspoon ground red pepper
- ☐ 1 cup pecan pieces, coarsely ground
- ☐ 2 tablespoons stone-ground mustard
- ☐ 1½ tablespoons vegetable oil
- ☐ 4 skinned and boned chicken breasts
- ☐ 2 tablespoons honey
- ☐ ¼ teaspoon salt
- ☐ 3 tablespoons stone-ground mustard
- ☐ 1½ cups whipping cream

EQUIPMENT Bowl, Frying pan, Oven, Baking pan

Method

- 1

Spread 3 tablespoons mustard on each side of chicken.
- 2

Combine ground pecans and red pepper in a shallow bowl. Gently coat chicken with pecan mixture.
- 3

Heat butter and oil in a large skillet until hot.

- 4 Add chicken; cook over medium-high heat 2 minutes on each side or just until browned.
- 5 Place in a greased 11" x 7" baking dish.
- 6 Bake, uncovered, at 375 for 15 minutes or until done.
- 7 Heat whipping cream in large skillet over medium-high heat until reduced by half (about 12 minutes). Stir in honey, 2 tablespoons mustard, and salt.
- 8 Serve sauce with chicken.

Nutrition per serving

876	54 g	68 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			27 g · 169% of daily needs
Fibre			3.5 g · 14% of daily needs
Sugar			12.6 g · 14% of daily needs
Sodium			672 mg · 29% of daily needs
Cholesterol			257 mg · 86% of daily needs
Vitamin C			3.8 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pecan-chicken-with-honey-mustard-sauce-148471