



Pecan Crusted Chicken

READY IN



30 min.

SERVINGS



3

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless
- 0.8 cup panko bread crumbs crispy italian
- 0.5 cup pecans chopped
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 6 oz yogurt plain fat free
- 3 tablespoons olive oil

Equipment

- frying pan

- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick.
- In shallow dish, mix bread crumbs, pecans and parsley. In another shallow dish, place yogurt. Dip chicken into yogurt, then coat with crumb mixture.
- In 10-inch skillet, heat oil over medium heat until hot. Cook chicken in oil 8 to 10 minutes, turning once, until chicken is no longer pink in center and coating is golden brown.

Nutrition Facts

PROTEIN 30.37% **FAT 55.77%** **CARBS 13.86%**

Properties

Glycemic Index:14, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:26.750434699266%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 513.62kcal (25.68%), Fat: 31.91g (49.1%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 15.34g (5.58%), Sugar: 6.03g (6.7%), Cholesterol: 97.9mg (32.63%), Sodium: 330.62mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.1g (78.19%), Vitamin B3: 17.08mg (85.41%), Selenium: 54.9µg (78.42%), Vitamin B6: 1.22mg (61.06%), Vitamin K: 54.2µg (51.62%), Manganese: 0.99mg (49.26%), Phosphorus: 483.15mg (48.32%), Vitamin B5: 2.77mg (27.68%), Vitamin B1: 0.39mg (26.08%), Potassium: 822.81mg (23.51%), Vitamin B2: 0.37mg (21.8%), Magnesium: 79.85mg (19.96%), Vitamin E: 2.59mg (17.26%), Zinc: 2.5mg (16.64%),

Calcium: 164.38mg (16.44%), Copper: 0.31mg (15.48%), Vitamin B12: 0.7µg (11.68%), Iron: 2.04mg (11.32%), Fiber: 2.51g (10.03%), Folate: 36.95µg (9.24%), Vitamin C: 6.07mg (7.36%), Vitamin A: 284.14IU (5.68%), Vitamin D: 0.15µg (1.01%)