



## Pecan-Crusted Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 eggs
- 0.3 cup grey poupon savory honey mustard
- 0.3 cup miracle whip dressing
- 1 cup planters pecans finely chopped
- 1.5 lb chicken breasts boneless skinless
- 2 Tbsp water
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Beat eggs and water in shallow dish.
- Mix coating mix and nuts in separate shallow dish. Dip chicken in eggs, then in coating mixture, turning to evenly coat both sides of each breast.
- Place in single layer on foil-covered baking sheet.
- Bake 18 to 20 min. or until chicken is done (165F). Meanwhile, mix dressing and mustard.
- Serve chicken topped with dressing mixture.

## Nutrition Facts



## Properties

Glycemic Index:0.29, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7330435248821%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

## Nutrients (% of daily need)

Calories: 52.08kcal (2.6%), Fat: 2.84g (4.38%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.85g (0.94%), Cholesterol: 22.01mg (7.34%), Sodium: 57.16mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin B3: 2.06mg (10.31%), Selenium: 7.1µg (10.14%), Vitamin B6: 0.16mg (7.79%), Manganese: 0.13mg (6.55%), Phosphorus: 53.76mg (5.38%), Vitamin B5:

0.34mg (3.4%), Potassium: 88.18mg (2.52%), Magnesium: 8.79mg (2.2%), Vitamin B1: 0.03mg (2.14%), Copper: 0.04mg (2.06%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.27mg (1.82%), Fiber: 0.32g (1.27%), Iron: 0.19mg (1.06%), Vitamin B12: 0.06µg (1.02%)