



## Pecan Crusted Chicken over Field Greens with Caramel Citrus Vinaigrette

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 head boston lettuce
- 1.5 cups lowfat buttermilk
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 1 carrots shredded peeled
- 16 ounce chicken breast
- 1 teaspoon ground cinnamon

- 3 tablespoons juice of lemon
- 1 head lettuce red
- 0.3 cup juice of lime
- 1 lime zest
- 2 teaspoon oil
- 0.5 cup olive oil
- 1 cup pecans crushed
- 6 roma tomatoes sliced
- 1 heart romaine
- 0.5 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 1 tablespoon sugar
- 2 teaspoons water
- 1 head frissee
- 1 head frissee

## Equipment

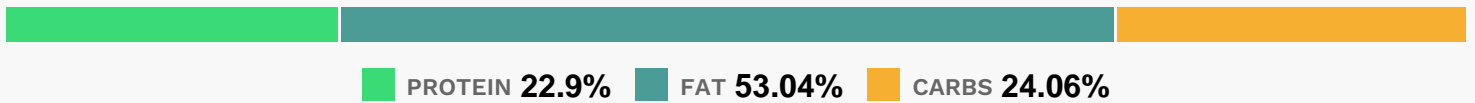
- bowl
- frying pan
- baking sheet
- oven
- whisk
- stove
- ziploc bags

## Directions

- Preheat heat oven to 400 degrees F.
- Place chicken and lowfat buttermilk into a plastic bag and allow to sit for 15 minutes up to overnight.

- While chicken is marinating combine pecans with spices and mix well.
- Place mixture into a shallow dish.
- Remove chicken and allow excess buttermilk to drain. Coat both sides of the chicken pieces with the pecan/spice mixture.
- Heat a medium, 10-inch oven-proof saute pan on the stove. Using 1/2 teaspoon oil per piece, sear chicken for 1 minute on each side and then place entire pan into oven (if you do not have an oven proof saute pan simply transfer chicken to a baking sheet and proceed) for 10 to 15 minutes. When done and slightly cooled, slice. Note: chicken can be done a day ahead of time. Leftover chicken makes a great chicken salad.
- Cut, wash and spin greens. Toss greens with tomatoes and carrot, set aside.
- Combine the caramel sauce with water and citrus juices and whisk. While whisking, drizzle in olive oil, lime zest, if using, and season with salt and pepper, to taste.
- Place greens in a bowl and lightly toss with 1/2 of the dressing. Mound on 4 plates and top with chicken and remaining dressing. ENJOY!

## Nutrition Facts



### Properties

Glycemic Index:74.23, Glycemic Load:5.46, Inflammation Score:-10, Nutrition Score:37.974347860917%

### Flavonoids

Cyanidin: 5.35mg, Cyanidin: 5.35mg, Cyanidin: 5.35mg, Cyanidin: 5.35mg 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 Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 10.19mg, Hesperetin: 10.19mg, Hesperetin: 10.19mg, Hesperetin: 10.19mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

### Nutrients (% of daily need)

Calories: 543.62kcal (27.18%), Fat: 33.53g (51.59%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 27.89g (10.14%), Sugar: 24.04g (26.71%), Cholesterol: 82.47mg (27.49%), Sodium: 619.14mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.15%), Vitamin A: 11303.31IU (226.07%), Vitamin K: 173.22µg (164.97%), Manganese: 1.75mg (87.35%), Vitamin B3: 13.42mg (67.1%), Selenium: 42.48µg (60.69%), Vitamin B6: 1.17mg (58.49%), Phosphorus: 469.01mg (46.9%), Vitamin C: 33.83mg (41%), Potassium: 1244.86mg (35.57%), Vitamin B1: 0.43mg (28.58%), Folate: 104.5µg (26.13%), Vitamin B5: 2.6mg (26.04%), Magnesium: 103.61mg (25.9%), Fiber: 6.34g (25.34%), Vitamin B2: 0.43mg (25.18%), Copper: 0.5mg (24.78%), Calcium: 208.54mg (20.85%), Zinc: 2.73mg (18.2%), Vitamin E: 2.7mg (17.99%), Iron: 3.15mg (17.52%), Vitamin B12: 0.67µg (11.24%), Vitamin D: 1.28µg (8.56%)