



## Pecan-Crusted Chicken with Citrus-Tomato Topping

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 cherry tomatoes quartered
- 3 green onions sliced
- 0.3 cup real mayo mayonnaise kraft
- 1.3 lb navel oranges
- 2 Tbsp oil divided
- 0.8 cup planters pecans finely chopped
- 1.5 cups ritz crackers crushed finely

2 lb chicken breasts boneless skinless

## Equipment

bowl

frying pan

paper towels

## Directions

Peel oranges; cut into segments over medium bowl, reserving juice in bowl.

Mix 2 Tbsp. orange juice and mayo in pie plate.

Combine cracker crumbs and nuts in second pie plate. Discard remaining orange juice; place orange segments in bowl.

Dip chicken in mayo mixture, then crumb mixture, turning to evenly coat both sides of each breast.

Heat 1 Tbsp. oil in large skillet.

Add half the chicken; cook 8 to 10 min. or until golden brown on both sides and done (165F), turning after 5 min.

Remove chicken from skillet; carefully wipe skillet with paper towel. Repeat with remaining oil and chicken.

Add tomatoes and onions to oranges; mix lightly.

Serve spooned over chicken.

## Nutrition Facts



**PROTEIN 27.68%** **FAT 53.26%** **CARBS 19.06%**

## Properties

Glycemic Index:3.07, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.4995652327071%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## **Nutrients (% of daily need)**

Calories: 101.97kcal (5.1%), Fat: 6.09g (9.37%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.1g (2.34%), Cholesterol: 20.4mg (6.8%), Sodium: 78.22mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Vitamin B3: 3.44mg (17.2%), Vitamin C: 12.82mg (15.54%), Selenium: 10µg (14.28%), Vitamin B6: 0.25mg (12.65%), Vitamin K: 8.98µg (8.55%), Phosphorus: 85.13mg (8.51%), Manganese: 0.14mg (7.22%), Vitamin B5: 0.52mg (5.24%), Potassium: 170.67mg (4.88%), Vitamin B1: 0.06mg (4.29%), Magnesium: 14.18mg (3.54%), Vitamin E: 0.5mg (3.35%), Vitamin B2: 0.05mg (3.15%), Fiber: 0.79g (3.14%), Folate: 11.82µg (2.96%), Copper: 0.05mg (2.69%), Zinc: 0.34mg (2.24%), Iron: 0.39mg (2.15%), Vitamin A: 92.89IU (1.86%), Calcium: 17.55mg (1.76%), Vitamin B12: 0.06µg (1.06%)