



WHATSheATE



Pecan-Crusted Chicken with Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cayenne
- ☐ 3 tablespoons cooking oil
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup mayonnaise

- ☐ 1 teaspoon paprika
- ☐ 1 cup pecans
- ☐ 1.5 teaspoons salt
- ☐ 4 chicken breasts boneless skinless ()
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons water
- ☐ 0.5 teaspoon white-wine vinegar

Equipment

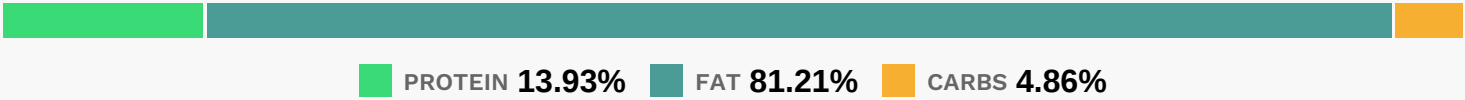
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a food processor, pulse the pecans with the cornstarch, thyme, paprika, 1 1/4 teaspoons of the salt, and 1/8 teaspoon cayenne until the nuts are chopped fine.
- ☐ Transfer the mixture to a medium bowl.
- ☐ Whisk together the egg and the water in a small bowl. Dip each chicken breast into the egg mixture and then into the nut mixture.
- ☐ In a large nonstick frying pan, heat the oil over moderate heat.
- ☐ Add the chicken to the pan and cook for 5 minutes. Turn and continue cooking until the chicken is golden brown and cooked through, 5 to 6 minutes longer.
- ☐ Meanwhile, in a small bowl, combine the mayonnaise, mustard, vinegar, sugar, parsley, a pinch of cayenne, and the remaining 1/4 teaspoon salt.
- ☐ Serve the chicken with the mustard dipping sauce.
- ☐ Menu Suggestions: The crisp coating on the chicken invites a creamy potato gratin alongside. Green beans, perhaps sauted in bacon fat, would taste great, too.
- ☐ Wine Recommendation: The combination of the sweet pecans and the assertive mustard sauce lends itself to either a crisp sparkling wine or a stainless-steel-fermented sauvignon

blanc from California.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:26.61304348448%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 820.23kcal (41.01%), Fat: 74.88g (115.2%), Saturated Fat: 9.94g (62.15%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 6.46g (2.35%), Sugar: 2.23g (2.48%), Cholesterol: 136.76mg (45.59%), Sodium: 1459.84mg (63.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.81%), Vitamin K: 139.1µg (132.47%), Selenium: 44.65µg (63.79%), Manganese: 1.24mg (62.22%), Vitamin B3: 12.39mg (61.94%), Vitamin B6: 0.99mg (49.48%), Phosphorus: 357.16mg (35.72%), Vitamin E: 5.15mg (34.35%), Vitamin A: 1405.34IU (28.11%), Vitamin B5: 2.13mg (21.32%), Copper: 0.37mg (18.59%), Vitamin B1: 0.27mg (18.07%), Potassium: 622.55mg (17.79%), Magnesium: 70.53mg (17.63%), Fiber: 3.61g (14.45%), Zinc: 2.16mg (14.43%), Vitamin B2: 0.24mg (14.04%), Iron: 2.2mg (12.21%), Vitamin C: 5.98mg (7.25%), Vitamin B12: 0.39µg (6.52%), Folate: 24.55µg (6.14%), Calcium: 50.82mg (5.08%), Vitamin D: 0.44µg (2.97%)