



Pistachio Crusted Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pistachios chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 2 large chicken breast halves boneless skinless cut into 1-inch strips

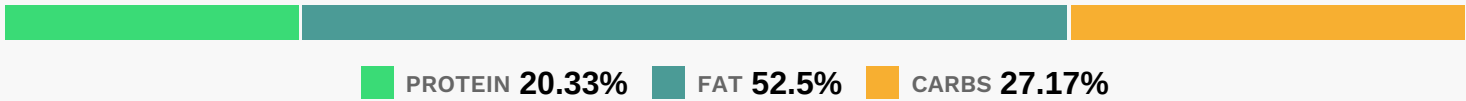
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 500 degrees F (260 degrees C). Lightly coat a baking sheet with cooking spray.
- ☐ Mix together pistachios and bread crumbs in a shallow bowl. In a separate bowl, stir together Dijon mustard, olive oil, honey, salt and pepper until smooth. Dip chicken into Dijon mixture to coat, then coat with bread crumbs.
- ☐ Place onto prepared baking sheet.
- ☐ Place into preheated oven and turn the oven down to 375 degrees F (190 degrees C).
- ☐ Bake until the chicken is no longer pink and the pistachio coating is golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:5.49, Inflammation Score:-4, Nutrition Score:15.796956378481%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 388.92kcal (19.45%), Fat: 23.39g (35.98%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 23.11g (8.4%), Sugar: 11.92g (13.24%), Cholesterol: 36.16mg (12.05%), Sodium: 441.52mg (19.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Vitamin B6: 0.97mg (48.5%), Selenium: 26.27µg (37.53%), Vitamin B3: 7.24mg (36.22%), Phosphorus: 300.12mg (30.01%), Vitamin B1: 0.45mg (29.89%),

Manganese: 0.54mg (27.09%), Copper: 0.46mg (22.95%), Fiber: 4.12g (16.47%), Potassium: 567.52mg (16.21%),
Magnesium: 61.52mg (15.38%), Iron: 2.27mg (12.61%), Vitamin E: 1.86mg (12.4%), Vitamin B5: 1.07mg (10.69%),
Vitamin B2: 0.17mg (9.94%), Zinc: 1.27mg (8.48%), Folate: 33.12µg (8.28%), Calcium: 65.36mg (6.54%), Vitamin K:
5.33µg (5.08%), Vitamin C: 2.48mg (3.01%), Vitamin A: 149.89IU (3%), Vitamin B12: 0.16µg (2.67%)