

Praline Chicken

READY IN



40 min.

SERVINGS



6

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 teaspoons creole seasoning
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 cup maple syrup
- ☐ 0.5 cup pecans chopped
- ☐ 1 pound chicken breast halves boneless skinless cut into strips
- ☐ 1 cup vegetable oil for frying

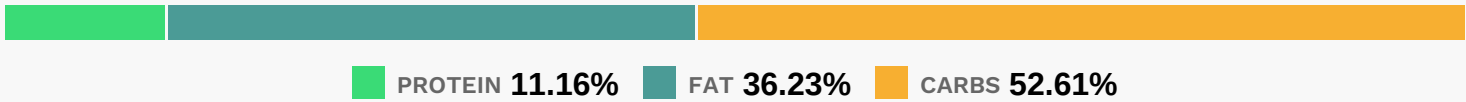
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease a casserole dish.
- ☐ Place flour in a shallow bowl and press chicken strips into the flour; tap to remove excess flour.
- ☐ Dip floured chicken in the egg and again coat with flour.
- ☐ Heat vegetable oil in a large skillet over medium heat. Pan-fry chicken strips until golden brown and the meat is no longer pink inside, about 5 minutes per side; drain on a paper towel-lined plate.
- ☐ Melt butter in a saucepan over medium heat and stir in brown sugar, maple syrup, pecans, and Creole seasoning. Bring the mixture to a boil and cook for 1 minute.
- ☐ Place chicken strips into the prepared casserole dish; pour praline sauce over chicken and toss chicken to coat with sauce.
- ☐ Bake in the preheated oven until sauce is bubbling, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:36.31, Inflammation Score:-7, Nutrition Score:23.28608703095%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 797.32kcal (39.87%), Fat: 32.33g (49.73%), Saturated Fat: 12.14g (75.86%), Carbohydrates: 105.63g (35.21%), Net Carbohydrates: 103.45g (37.62%), Sugar: 68.3g (75.89%), Cholesterol: 116.33mg (38.78%), Sodium: 235.87mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.79%), Manganese: 1.98mg (98.87%), Vitamin B2: 1.02mg (60.05%), Selenium: 41.6µg (59.43%), Vitamin B3: 10.61mg (53.03%), Vitamin B6: 0.65mg (32.4%), Vitamin B1: 0.48mg (31.79%), Phosphorus: 251.4mg (25.14%), Folate: 86.36µg (21.59%), Iron: 2.95mg (16.38%), Vitamin A: 817.49IU (16.35%), Potassium: 559.14mg (15.98%), Vitamin B5: 1.52mg (15.2%), Vitamin K: 15.84µg (15.08%), Magnesium: 56.65mg (14.16%), Calcium: 114.95mg (11.5%), Zinc: 1.66mg (11.04%), Copper: 0.21mg (10.72%), Vitamin E: 1.61mg (10.7%), Fiber: 2.18g (8.71%), Vitamin B12: 0.25µg (4.14%), Vitamin C: 1.52mg (1.84%), Vitamin D: 0.22µg (1.48%)