



South Of The Sea Chicken and Bananas

READY IN



45 min.

SERVINGS



8

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 very bananas firm halved lengthwise
- 0.8 cup butter melted
- 0.5 cup coconut or flaked
- 3 cups cornflakes cereal
- 0.1 teaspoon ground cardamom
- 1 kiwi fruit peeled sliced for garnish
- 0.3 cup juice of lemon
- 0.3 cup milk
- 6 pounds chicken breast halves boneless skinless

14 ounce condensed milk sweetened canned

Equipment

food processor

bowl

oven

blender

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a food processor or blender blend the lemon juice, condensed milk, milk, coconut and cardamom until smooth.

Pour into a large bowl. Put cornflakes in a shallow dish for rolling.

Dip bananas in milk mixture, roll in cornflakes and set aside. Dip chicken pieces in remaining milk mixture and roll in the remaining cornflakes.

Place the bananas in one 9 x 13 inch dish.

Place the chicken pieces in another 9 x 13 inch dish.

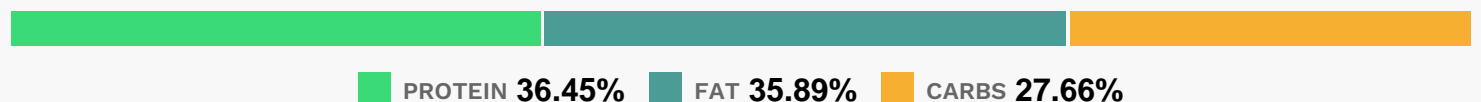
Drizzle both the bananas and the chicken with 1/2 cup of the melted butter and bake in the preheated oven, uncovered, for 1 hour.

Remove both dishes from the oven and arrange the bananas over the chicken in one dish.

Drizzle with the remaining butter and bake for 15 more minutes or until the chicken juices run clear.

Garnish with kiwi and pineapple slices if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:27.1, Inflammation Score:-8, Nutrition Score:36.939565181732%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 865.45kcal (43.27%), Fat: 34.54g (53.15%), Saturated Fat: 18.94g (118.36%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 55.99g (20.36%), Sugar: 40.89g (45.43%), Cholesterol: 281.57mg (93.86%), Sodium: 678.38mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.93g (157.86%), Vitamin B3: 38.16mg (190.78%), Selenium: 119.38µg (170.54%), Vitamin B6: 3.12mg (155.97%), Phosphorus: 900.96mg (90.1%), Vitamin B5: 5.67mg (56.74%), Potassium: 1857.18mg (53.06%), Vitamin B2: 0.8mg (47.14%), Magnesium: 138.12mg (34.53%), Vitamin C: 26.81mg (32.5%), Vitamin B1: 0.45mg (29.69%), Iron: 4.84mg (26.87%), Vitamin B12: 1.51µg (25.25%), Manganese: 0.48mg (23.88%), Vitamin A: 1037.33IU (20.75%), Folate: 79.85µg (19.96%), Zinc: 2.87mg (19.11%), Calcium: 186.41mg (18.64%), Fiber: 3.89g (15.55%), Copper: 0.25mg (12.4%), Vitamin E: 1.51mg (10.06%), Vitamin K: 7.54µg (7.18%), Vitamin D: 0.93µg (6.2%)