



Thai Breaded Chicken Filets

READY IN

ready

60 min.

SERVINGS

servings

10

CALORIES

calories

193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dry
- ☐ 3 tablespoons fish sauce
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 4 chile peppers green chopped
- ☐ 5 green onions chopped
- ☐ 2 juice of lime juiced
- ☐ 1 lemon grass
- ☐ 1 tablespoon lime zest grated
- ☐ 1 tablespoon mustard dijon-style prepared

- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 10 servings salt and pepper to taste
- ☐ 1 tablespoon sesame seed toasted
- ☐ 10 chicken breast halves boneless skinless
- ☐ 2 teaspoons sugar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a food processor, combine chile peppers, green onions, lime zest and juice, 1/2 of the cilantro, fish sauce, lemon grass, salt, sugar and mustard. Blend until smooth. Rinse chicken and cut to appropriate serving size.
- ☐ Place in a bowl with blended ingredients and refrigerate for 1 to 4 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a shallow dish or bowl mix together the bread crumbs, cilantro, cheese, sesame seeds and salt and pepper to taste.
- ☐ Remove chicken from marinade (disposing of any remaining marinade) and roll in crumb mixture until well coated on both sides.
- ☐ Place coated chicken in a lightly greased 9x13 inch baking dish (if desired, dab with olive oil on top for a crisp finish) and bake at 350 degrees F (175 degrees F) for 20 minutes or until chicken is cooked through and juices run clear.
- ☐ NOTE: You can make a dipping sauce by blending 2 green chile peppers with some fish sauce and sugar and topping the blend with some sesame seeds.

Nutrition Facts



 PROTEIN **55.85%**  FAT **19.72%**  CARBS **24.43%**

Properties

Glycemic Index:23.31, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:14.862173826798%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 193.29kcal (9.66%), Fat: 4.12g (6.33%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.01g (3.64%), Sugar: 2.55g (2.83%), Cholesterol: 72.75mg (24.25%), Sodium: 1147.33mg (49.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Vitamin B3: 12.73mg (63.66%), Selenium: 40.4µg (57.71%), Vitamin B6: 0.9mg (44.85%), Phosphorus: 269.57mg (26.96%), Vitamin B5: 1.7mg (17.03%), Vitamin K: 17.15µg (16.33%), Potassium: 495.9mg (14.17%), Vitamin B1: 0.19mg (12.85%), Magnesium: 49.52mg (12.38%), Vitamin B2: 0.17mg (10.17%), Manganese: 0.2mg (9.91%), Vitamin C: 6.99mg (8.47%), Iron: 1.29mg (7.16%), Zinc: 0.96mg (6.42%), Folate: 25.35µg (6.34%), Fiber: 1.47g (5.88%), Copper: 0.11mg (5.31%), Vitamin B12: 0.3µg (4.94%), Calcium: 47.66mg (4.77%), Vitamin A: 184.14IU (3.68%), Vitamin E: 0.31mg (2.07%)