



Unfried Chicken with Roasted Brussels Sprouts

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 brussels sprouts cut in half
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon ground pepper
- ☐ 1.5 teaspoons garlic powder
- ☐ 2 teaspoons pepper black
- ☐ 1 tablespoon hot sauce
- ☐ 1 optional: lemon quartered
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin

- ☐ 1.5 teaspoons onion powder
- ☐ 1.5 cups panko bread crumbs whole wheat
- ☐ 1 teaspoon paprika
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 4 servings pepper black freshly ground
- ☐ 4 chicken breast boneless skinless cut in half

Equipment

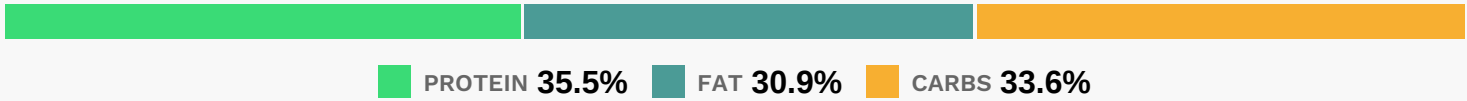
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ To prepare the chicken: Preheat the oven to 400°F.
- ☐ In a mixing bowl, mix the buttermilk and hot sauce. Submerge the chicken pieces in the buttermilk and soak in the refrigerator for at least 1 hour but no more than 24 hours.
- ☐ In a gallon-size plastic bag, combine the bread crumbs, Parmesan, black pepper, cayenne, onion powder, garlic powder, and paprika. Seal the bag and shake until well mixed.
- ☐ Remove the chicken from the buttermilk and transfer directly to the bag with the bread crumb mixture. Shake the bag until the chicken breasts are evenly coated with the bread crumbs.
- ☐ Remove the chicken breasts from the bag and lay flat on a nonstick baking sheet. Refrigerate, uncovered, for 30 minutes.
- ☐ Bake the chicken for 20 to 25 minutes or until just cooked through.
- ☐ Assembly
- ☐ Divide the chicken and brussels sprouts among 4 serving plates, and squeeze the lemon over the chicken.
- ☐ To prepare the brussels sprouts: Preheat the oven to 400°F.

- ☐ Place brussels sprouts in a medium mixing bowl, toss with the olive oil, and season with salt and pepper.
- ☐ Spread the brussels sprouts in a medium ovenproof baking dish and roast for 20 minutes or until caramelized and tender.
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- ☐ Collins Publishers

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:32.575651915177%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 370kcal (18.5%), Fat: 12.93g (19.89%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 26.16g (9.51%), Sugar: 6.9g (7.67%), Cholesterol: 82.18mg (27.39%), Sodium: 531.88mg (23.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.84%), Vitamin K: 142.35µg (135.57%), Vitamin C: 83.27mg (100.94%), Vitamin B3: 14.05mg (70.27%), Selenium: 47.19µg (67.42%), Vitamin B6: 1.14mg (57.08%), Phosphorus: 418.16mg (41.82%), Manganese: 0.67mg (33.71%), Vitamin B1: 0.45mg (29.97%), Potassium: 944.63mg (26.99%), Vitamin A: 1209.92IU (24.2%), Vitamin B2: 0.41mg (24.19%), Vitamin B5: 2.31mg (23.06%), Fiber: 5.47g (21.88%), Folate: 83.32µg (20.83%), Calcium: 198.75mg (19.88%), Magnesium: 71.41mg (17.85%), Iron: 3.15mg (17.53%), Vitamin E: 2.08mg (13.86%), Zinc: 1.82mg (12.15%), Vitamin B12: 0.63µg (10.52%), Copper: 0.2mg (9.95%), Vitamin D: 0.91µg (6.08%)