

# Unfried Chicken with Roasted Brussels Sprouts



## **Ingredients**

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

16 brussels sprouts cut in half

	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
Εq	uipment
	baking sheet
	oven
	mixing bowl
	baking pan
	ziploc bags
Di	rections
	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.

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

PROTEIN 35.5% FAT 30.9% CARBS 33.6%

#### **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, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, 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 %: O% (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%)