



Walnut and Rosemary Oven-Fried Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 ounce chicken cutlets
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 teaspoon rosemary leaves fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.3 cup walnut pieces finely chopped

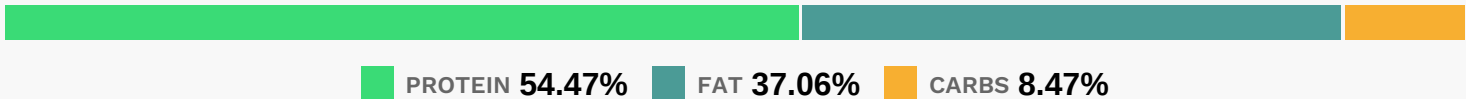
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 425
- ☐ Combine buttermilk and mustard in a shallow dish, stirring with a whisk.
- ☐ Add chicken to buttermilk mixture, turning to coat.
- ☐ Heat a small skillet over medium-high heat.
- ☐ Add panko to pan; cook 3 minutes or until golden, stirring frequently.
- ☐ Combine panko, nuts, and next 4 ingredients (through pepper) in a shallow dish.
- ☐ Remove chicken from buttermilk mixture; discard buttermilk mixture. Dredge chicken in panko mixture.
- ☐ Arrange a wire rack on a large baking sheet; coat rack with cooking spray. Arrange chicken on rack; coat chicken with cooking spray.
- ☐ Bake at 425 for 13 minutes or until chicken is done.
- ☐ Garnish with rosemary leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:20.273043186768%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 12.09g (18.6%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.41g (1.57%), Cholesterol: 111.16mg (37.05%), Sodium: 524.23mg (22.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.97%), Vitamin B3: 18.24mg (91.21%), Selenium: 59.59µg (85.13%), Vitamin B6: 1.35mg (67.27%), Phosphorus: 438.2mg (43.82%), Vitamin B5: 2.58mg (25.84%), Manganese: 0.45mg (22.65%), Potassium: 720.17mg (20.58%), Magnesium: 68.36mg (17.09%), Vitamin B2: 0.24mg (14.2%), Vitamin B1: 0.21mg (14.06%), Copper: 0.22mg (11.18%), Zinc: 1.54mg (10.28%), Calcium: 79.64mg (7.96%), Iron: 1.32mg (7.31%), Vitamin B12: 0.42µg (7.01%), Folate: 23.2µg (5.8%), Fiber: 1.24g (4.94%), Vitamin E: 0.44mg (2.91%), Vitamin C: 2.35mg (2.85%), Vitamin A: 86.11IU (1.72%), Vitamin K: 1.31µg (1.25%), Vitamin D: 0.18µg (1.22%)