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Coconut Pecan Chicken ♦♦

A delicious chicken dish with a crispy coconut and pecan coating. This recipe is perfect for a family dinner or a special occasion. The chicken is tender and flavorful, and the coating adds a nice crunch and nutty flavor. Serve it with your favorite side dishes for a complete meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
100 g	shredded coconut
100 g	Pecans
50 g	flour

2 pieces	Eggs
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a shallow bowl, combine the shredded coconut, crushed pecans, flour, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In another shallow bowl, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Dip each chicken breast into the beaten eggs, then coat it with the coconut-pecan mixture, pressing gently to adhere.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Heating

Heat the vegetable oil in a large oven-safe skillet over medium-high heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Frying

Add the coated chicken breasts to the skillet and cook for 2-3 minutes on each side, until golden brown.

Prep Time: 5 mins

Cook Time: 6 mins

Step 7

Baking

Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the chicken is cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 8

Resting

Remove the skillet from the oven and let the chicken rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Cultural

Diwali

Chinese New Year

Events

Barbecue

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Breads

Salads

Snacks

Sauces & Dressings

Difficulty Level

Medium

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