



Breaded Chicken Cutlets With Tomatoes and Arugula

READY IN



45 min.

SERVINGS



4

CALORIES



1167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups unseasoned bread cubes stale
- ☐ 4 tablespoons butter
- ☐ 4 cups cherry tomatoes ripe halved
- ☐ 8 chicken cutlets
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons garlic clove minced

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings lemon wedges
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 7 tablespoons olive oil divided
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon to 5 chilies red hot chopped

Equipment

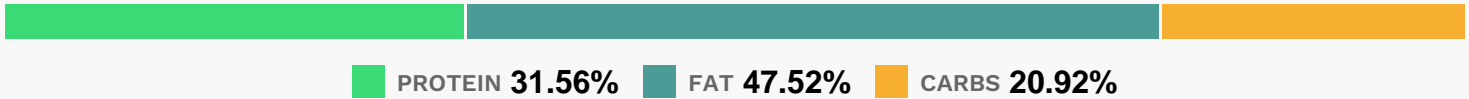
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ For the cutlets, place the bread cubes, lemon zest, chile pepper, parsley, grated cheese, salt and pepper in the food processor, and pulse until finely blended.
- ☐ Add the pine nuts and pulse just until the nuts are coarsely chopped and dump mixture into a shallow bowl.
- ☐ Place the flour in a plastic bag and season with salt and pepper. Beat the eggs in a separate shallow bowl. Working 1 cutlet at a time, dredge in the flour, then dip into the eggs, and finally the breadcrumbs pressing down with your fingertips to help the crumbs adhere.
- ☐ Place the breaded cutlets on a baking sheet, and refrigerate the for 1 hour to allow the crumb coating to set.
- ☐ Meanwhile, place the tomatoes, garlic, 3 tablespoons of olive oil, and lemon juice in a bowl. Season to taste with salt and pepper and toss to mix well, then set aside until needed.
- ☐ Adjust oven rack to center position and preheat oven to 400° F. While the oven preheats, set cutlet tray at room temperature. Line two baking sheets with aluminum foil, and divide the butter and 4 tablespoons of the olive oil between each.

- ☐
- Place the trays into the oven until the butter is melted, about 5 minutes. Divide the chicken cutlets between the two trays and bake until golden brown on the bottom, about 15 minutes. Turn the cutlets over, return to the oven and cook until golden brown on second side, 10 to 12 minutes longer.
- ☐
- Place the chicken onto a platter and arrange the arugula on top. Spoon the tomato mixture over the arugula and serve immediately along with the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:87.04, Glycemic Load:31.77, Inflammation Score:-9, Nutrition Score:51.79956525305%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 1167.39kcal (58.37%), Fat: 61.29g (94.29%), Saturated Fat: 16.25g (101.54%), Carbohydrates: 60.7g (20.23%), Net Carbohydrates: 55.86g (20.31%), Sugar: 7.65g (8.5%), Cholesterol: 351.58mg (117.19%), Sodium: 1023.78mg (44.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.58g (183.16%), Selenium: 148.77µg (212.53%), Vitamin B3: 41.83mg (209.15%), Vitamin B6: 2.83mg (141.57%), Manganese: 2.14mg (107.06%), Phosphorus: 1063.65mg (106.37%), Vitamin K: 91.55µg (87.19%), Vitamin B5: 6.14mg (61.39%), Vitamin C: 46.11mg (55.88%), Vitamin B1: 0.81mg (53.96%), Potassium: 1856.2mg (53.03%), Vitamin B2: 0.86mg (50.75%), Vitamin E: 6.87mg (45.82%), Magnesium: 170.29mg (42.57%), Iron: 7.28mg (40.44%), Folate: 160.62µg (40.15%), Vitamin A: 1751.1IU (35.02%), Zinc: 4.65mg (30.98%), Copper: 0.52mg (25.81%), Calcium: 247.67mg (24.77%), Fiber: 4.84g (19.36%), Vitamin B12: 1.1µg (18.25%), Vitamin D: 0.9µg (6.02%)