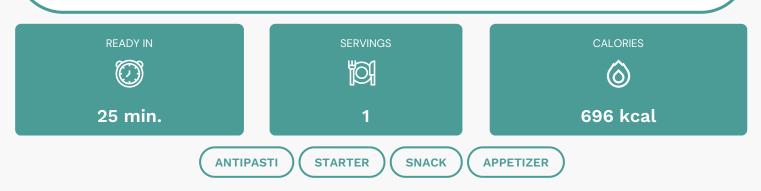


Broiled Chicken, Romaine, and Tomato Bruschetta



Ingredients

0.5 inch bread italian

1 chicken cutlets
2 teaspoons dijon mustard
1 garlic clove halved
O.3 teaspoon herbs de provence dried
1 teaspoon juice of lemon fresh
0.5 teaspoon lemon zest grated
3 tablespoons mayonnaise

	1 tablespoon olive oil extra virgin extra-virgin for brushing
	2 tablespoons parmesan grated
	1 plum tomatoes halved lengthwise
	0.3 head the of 1 cos lettuce (quarter head lengthwise)
Eq	uipment
	bowl
	baking sheet
	broiler
Dii	rections
	Preheat broiler.
	Brush both sides of bread with oil, then put bread on a large baking sheet.
	Stir together mayonnaise, mustard, cheese, and zest in a small bowl, then coat top of cutlet with about 2 tablespoons sauce, reserving remaining sauce.
	Transfer chicken to baking sheet.
	Brush cut sides of tomato with oil and season with salt and pepper, then sprinkle with herbes de Provence.
	Transfer to baking sheet.
	Toss romaine with 1 tablespoon oil, lemon juice, and 1/8 teaspoon each of salt and pepper in a bowl until coated.
	Transfer to baking sheet.
	Broil 3 to 4 inches from heat until bread is golden-brown, about 2 minutes. Turn bread and continue broiling until browned, about 2 minutes.
	Remove toast from broiler and continue broiling until romaine is wilted and well browned in spots, chicken is just cooked through, and tomato is lightly browned, 1 to 4 minutes more (remove romaine, chicken, and tomato as done).
	Rub toast with cut side of garlic (reserve other 1/2 clove for another use). Top garlic toast with chicken, lettuce, and tomato.
	Serve with remaining sauce.

Nutrition Facts

PROTEIN 24.84% FAT 68.91% CARBS 6.25%

Properties

Glycemic Index:235.67, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:37.439999922462%

Flavonoids

Eriodictyol: O.24mg, Eriodictyol: O.24mg, Eriodictyol: O.24mg, Eriodictyol: O.24mg Hesperetin: O.72mg, Hesperetin: O.72mg, Hesperetin: O.72mg, Hesperetin: O.72mg, Naringenin: O.49mg, Naringenin: O.49mg, Naringenin: O.49mg, Naringenin: O.01mg, Apigenin: O.01mg, Api

Nutrients (% of daily need)

Calories: 696.43kcal (34.82%), Fat: 53.44g (82.21%), Saturated Fat: 9.58g (59.85%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.23g (4.7%), Cholesterol: 133.24mg (44.41%), Sodium: 756.76mg (32.9%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 43.35g (86.69%), Vitamin A: 14321.71IU (286.43%), Vitamin K: 247.26µg (235.48%), Vitamin B3: 18.79mg (93.93%), Selenium: 62.46µg (89.22%), Vitamin B6: 1.5mg (75.1%), Folate: 235.42µg (58.86%), Phosphorus: 515.1mg (51.51%), Potassium: 1217.84mg (34.8%), Vitamin E: 4.35mg (28.97%), Vitamin B5: 2.89mg (28.85%), Vitamin C: 21.12mg (25.6%), Manganese: 0.47mg (23.55%), Magnesium: 84.82mg (21.21%), Calcium: 207.93mg (20.79%), Vitamin B2: 0.34mg (20.2%), Fiber: 4.79g (19.15%), Vitamin B1: 0.29mg (19.05%), Iron: 3.14mg (17.44%), Zinc: 1.92mg (12.81%), Copper: 0.19mg (9.54%), Vitamin B12: 0.51µg (8.51%), Vitamin D: 0.3µg (2.03%)