



Broiled Chicken, Romaine, and Tomato Bruschetta

READY IN



25 min.

SERVINGS



1

CALORIES



696 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 inch bread italian
- 1 chicken cutlets
- 2 teaspoons dijon mustard
- 1 garlic clove halved
- 0.3 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)

Equipment

- bowl
- baking sheet
- broiler

Directions

- 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: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

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: 0g (100%), Alcohol %: 0% (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%)