



## Cheese-Stuffed Chicken Cutlets with Mustard Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

SIDE DISH

### Ingredients

- ☐ 24 ounce chicken cutlets
- ☐ 0.5 cup chicken stock see
- ☐ 1 tablespoon dijon mustard
- ☐ 2 eggs
- ☐ 4 servings flour all-purpose for dredging
- ☐ 4 slices havarti cheese plain thin
- ☐ 0.3 cup heavy cream
- ☐ 4 servings olive oil for frying extra-virgin

- ☐ 2 tablespoons parmigiano-reggiano cheese freshly grated
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 teaspoons thyme leaves chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

## Directions

- ☐ Preheat the oven to 350°F.
- ☐ Using a small knife, cut a 4-by-3-inch pocket in the side of each chicken cutlet. Insert a havarti slice and spread 1 teaspoon of thyme in each pocket; press gently to close.
- ☐ In a small saucepan, boil the chicken stock and cream over moderately high heat until reduced to 1/2 cup, about 5 minutes.
- ☐ Whisk in the mustard and boil for 30 seconds, whisking a few times. Season with salt and pepper and remove from the heat.
- ☐ In a shallow bowl, beat the eggs. Beat in the Parmigiano-Reggiano.
- ☐ Put the flour in another shallow bowl.
- ☐ In a large nonstick skillet, heat 1/4 inch of olive oil. Season the cutlets with salt and pepper. Dredge 2 cutlets in flour, shaking off the excess, then coat with the beaten egg. Fry over moderately high heat until golden, about 2 minutes per side.
- ☐ Transfer to a large rimmed baking sheet. Coat and fry the remaining cutlets.
- ☐ Bake the chicken for about 12 minutes, until just cooked through. Reheat the mustard sauce and pour onto plates. Set the cutlets on the sauce and serve.

## Nutrition Facts



 **PROTEIN 44.42%**  **FAT 47.88%**  **CARBS 7.7%**

## Properties

Glycemic Index:44.75, Glycemic Load:4.27, Inflammation Score:-9, Nutrition Score:24.674347887868%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg

## Nutrients (% of daily need)

Calories: 448.47kcal (22.42%), Fat: 23.41g (36.02%), Saturated Fat: 10.84g (67.76%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.82g (2.84%), Sugar: 1.08g (1.2%), Cholesterol: 234.75mg (78.25%), Sodium: 762.34mg (33.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.86g (97.72%), Selenium: 69.05µg (98.65%), Vitamin B3: 18.78mg (93.88%), Vitamin B6: 1.38mg (68.76%), Phosphorus: 597.51mg (59.75%), Vitamin B5: 2.96mg (29.58%), Vitamin B2: 0.47mg (27.87%), Calcium: 242.84mg (24.28%), Potassium: 752.34mg (21.5%), Zinc: 2.65mg (17.67%), Vitamin B12: 0.98µg (16.27%), Magnesium: 64.39mg (16.1%), Vitamin A: 728.64IU (14.57%), Vitamin B1: 0.21mg (14.2%), Folate: 51.1µg (12.78%), Iron: 1.93mg (10.73%), Vitamin E: 1.32mg (8.78%), Manganese: 0.15mg (7.53%), Vitamin C: 5.55mg (6.72%), Copper: 0.13mg (6.47%), Vitamin D: 0.93µg (6.23%), Vitamin K: 2.75µg (2.62%), Fiber: 0.64g (2.57%)