



Chicken Bruschetta

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup tomatoes chopped
- 3 tablespoons basil fresh chopped
- 1 tablespoon vegetable oil
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 16 oz chicken breast boneless skinless
- 0.5 teaspoon garlic salt
- 0.1 teaspoon pepper
- 1 eggs

- 2 tablespoons milk
- 0.3 cup flour all-purpose
- 0.8 cup breadcrumbs italian
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- In medium bowl, mix tomato topping ingredients. Cover; refrigerate until serving time.
- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until 1/4 inch thick.
- Sprinkle chicken with garlic salt and 1/8 teaspoon pepper.
- In shallow bowl, beat egg and milk with fork until blended.
- Spread flour on shallow plate.
- Spread bread crumbs on another shallow plate. Coat chicken with flour, then dip into egg mixture and coat with bread crumbs.
- In 12-inch nonstick skillet, heat 2 tablespoons oil over medium-high heat. Reduce heat to medium.
- Add chicken; cook 10 to 15 minutes, turning once, until crumbs are golden brown and chicken is no longer pink in center.
- Serve tomato topping over chicken.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:19.229130392489%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 355.62kcal (17.78%), Fat: 15.66g (24.1%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 20.94g (7.61%), Sugar: 2.66g (2.96%), Cholesterol: 114.39mg (38.13%), Sodium: 736.39mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.22%), Vitamin B3: 13.89mg (69.43%), Selenium: 47.57µg (67.96%), Vitamin B6: 0.93mg (46.66%), Phosphorus: 319.42mg (31.94%), Vitamin K: 29.87µg (28.45%), Vitamin B1: 0.35mg (23.52%), Vitamin B5: 2mg (19.97%), Vitamin B2: 0.3mg (17.81%), Manganese: 0.34mg (17.22%), Potassium: 589.34mg (16.84%), Folate: 52.31µg (13.08%), Magnesium: 47.52mg (11.88%), Iron: 2.12mg (11.8%), Vitamin A: 496.01IU (9.92%), Vitamin E: 1.41mg (9.37%), Zinc: 1.26mg (8.38%), Vitamin C: 6.73mg (8.16%), Vitamin B12: 0.44µg (7.27%), Calcium: 66.76mg (6.68%), Copper: 0.13mg (6.6%), Fiber: 1.64g (6.56%), Vitamin D: 0.42µg (2.77%)