



Chicken Cutlet Sandwich with Herb Mayonnaise

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette
- 4 servings canola oil for brushing chicken
- 1.5 pounds chicken breast bone-in
- 1 lb fennel fronds from 1 bu chopped
- 4 servings kosher salt and pepper black freshly ground
- 1 lemon zest juiced for the blueberry scones recipe (reserve the juice)
- 0.5 small head lettuce shredded

- 0.5 cup mayonnaise
- 2 tablespoons parsley leaves chopped
- 0.5 medium onion red thinly sliced
- 1 tablespoon spicy brown mustard

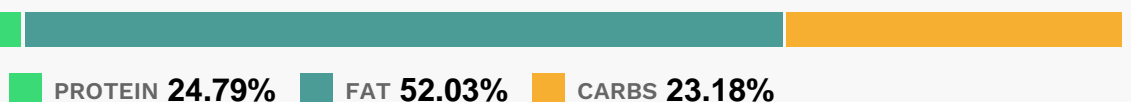
Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- grill
- grill pan

Directions

- Heat the grill or a grill pan over medium-high heat.
- Remove the skin from the chicken and remove the bones. Slice the breast diagonally across to make 4 thin pieces. Pound the chicken lightly between 2 pieces of plastic wrap. Season the cutlets with salt and pepper, to taste, and brush them with a little oil. Grill the cutlets until cooked through, about 4 to 5 minutes per side.
- Remove from the pan and let cool.
- Put the mayonnaise into a bowl along with the mustard, lemon zest, parsley, and fennel fronds and whisk to combine. Check the seasoning and add salt, and pepper, to taste.
- Cut the baguette in half lengthwise.
- Spread the herb mayonnaise on the bottom half. Top with the chicken, onions, and lettuce.
- Spread the remaining mayonnaise on the other half and put it on top.
- Cut the sandwich into 4 pieces and wrap well in waxed paper or plastic wrap.

Nutrition Facts



Properties

Glycemic Index:80.44, Glycemic Load:23.41, Inflammation Score:-8, Nutrition Score:34.489130403685%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 720.23kcal (36.01%), Fat: 41.5g (63.85%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 35.66g (12.97%), Sugar: 9.06g (10.07%), Cholesterol: 120.62mg (40.21%), Sodium: 867.41mg (37.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 44.49g (88.97%), Vitamin K: 171.89µg (163.7%), Vitamin B3: 21.42mg (107.12%), Selenium: 68.02µg (97.17%), Vitamin B6: 1.44mg (71.77%), Phosphorus: 496.79mg (49.68%), Potassium: 1279.54mg (36.56%), Vitamin B1: 0.52mg (34.63%), Manganese: 0.63mg (31.7%), Vitamin E: 4.64mg (30.93%), Folate: 123.57µg (30.89%), Vitamin B5: 3.05mg (30.51%), Vitamin C: 22.41mg (27.16%), Vitamin B2: 0.43mg (25.41%), Fiber: 5.96g (23.84%), Iron: 4.07mg (22.62%), Magnesium: 87.44mg (21.86%), Calcium: 149.96mg (15%), Zinc: 1.88mg (12.56%), Vitamin A: 597.21IU (11.94%), Copper: 0.23mg (11.28%), Vitamin B12: 0.37µg (6.23%), Vitamin D: 0.23µg (1.51%)