



## Chicken Cutlets with Herbs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

### Ingredients

- 0.5 loaf baguette bread – day old is fine
- 4 pieces chicken breast halves
- 1 handful chives fresh finely chopped
- 1 large eggs
- 4 servings flour all-purpose for dredging
- 2 sprigs rosemary fresh finely chopped
- 4 servings olive oil for sauteing cutlets
- 1.5 teaspoons poultry seasoning

- 4 servings salt and pepper black freshly ground
- 1 sprigs several thyme fresh finely chopped

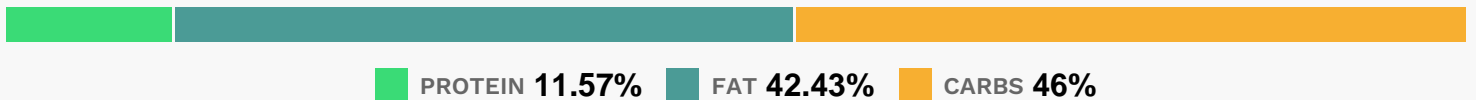
## Equipment

- food processor
- frying pan
- baking sheet
- oven

## Directions

- Heat the oven to 400 degrees F.
- Tear bread into pieces and place on baking sheet. Toast bread until deep golden brown, 10 minutes.
- Transfer to a food processor and coarsely grind into bread crumbs.
- While bread toasts pound out chicken breasts to 1/4-inch thick. Season the chicken with salt and pepper. Coat chicken with flour, reserve. Beat egg with splash of water in shallow dish.
- Transfer bread crumbs to a plate and season with herbs and poultry seasoning.
- Heat a thin layer of olive oil in a large skillet over medium-high heat.
- Coat chicken in egg then bread crumbs and add to pan.
- Saute until golden and firm, 3 to 4 minutes on each side.

## Nutrition Facts



## Properties

Glycemic Index:63.92, Glycemic Load:25.86, Inflammation Score:-6, Nutrition Score:15.349130360977%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg,

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 406.15kcal (20.31%), Fat: 19.21g (29.56%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 43.08g (15.67%), Sugar: 4.98g (5.53%), Cholesterol: 47.14mg (15.71%), Sodium: 421.68mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Manganese: 1.14mg (57.03%), Selenium: 31.25µg (44.64%), Vitamin B1: 0.42mg (27.79%), Vitamin B3: 5.34mg (26.71%), Folate: 94.16µg (23.54%), Iron: 4.05mg (22.48%), Vitamin K: 20.99µg (19.99%), Vitamin B2: 0.31mg (18.43%), Vitamin E: 2.33mg (15.52%), Fiber: 3.78g (15.12%), Phosphorus: 146.92mg (14.69%), Calcium: 124.57mg (12.46%), Magnesium: 40.98mg (10.24%), Vitamin B5: 0.94mg (9.42%), Copper: 0.16mg (7.83%), Zinc: 1.14mg (7.59%), Vitamin B6: 0.14mg (6.95%), Potassium: 160.24mg (4.58%), Vitamin A: 146.66IU (2.93%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.26mg (1.53%)