



Chicken Cutlets with Mushrooms and Pearl Onions

READY IN



43 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup brandy
- ☐ 1 tablespoon butter
- ☐ 8 ounces button mushrooms quartered
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh

- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 0.8 cup pearl onions frozen thawed drained
- ☐ 24 ounce chicken breast halves boneless skinless

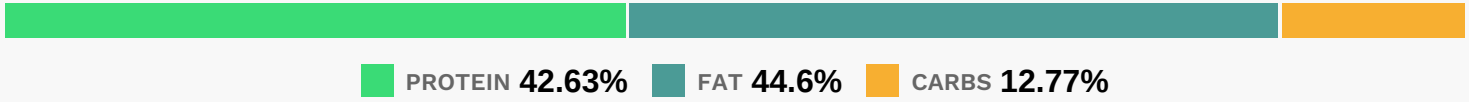
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut each chicken breast half in half horizontally to form 8 cutlets.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and pepper.
- ☐ Place flour in a shallow dish; dredge chicken in flour, shaking off excess.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add 4 cutlets to pan; cook 2 minutes on each side or until done.
- ☐ Remove chicken from pan, and keep warm. Repeat procedure with 1 tablespoon olive oil and remaining 4 cutlets.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add pearl onions and mushrooms; saut 6 minutes or until browned.
- ☐ Remove pan from heat. Carefully add brandy to pan; return pan to medium-high heat, and bring mixture to a boil. Cook until liquid almost evaporates (about 2 minutes).
- ☐ Combine stock and cornstarch, stirring with a whisk until smooth.
- ☐ Add stock mixture to pan, stirring with a whisk; cook 2 minutes, stirring occasionally. Return chicken to pan; cook 1 minute.
- ☐ Remove from heat; stir in remaining 1/4 teaspoon salt, butter, and thyme.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:22.751739279084%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 474.32kcal (23.72%), Fat: 18.75g (28.85%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 10.56g (3.84%), Sugar: 3.96g (4.41%), Cholesterol: 118.19mg (39.4%), Sodium: 601.76mg (26.16%), Alcohol: 13.36g (100%), Alcohol %: 4.33% (100%), Protein: 40.32g (80.65%), Vitamin B3: 21.03mg (105.13%), Selenium: 62.59µg (89.41%), Vitamin B6: 1.43mg (71.35%), Phosphorus: 442.38mg (44.24%), Vitamin B5: 3.35mg (33.51%), Vitamin B2: 0.48mg (28.52%), Potassium: 947.98mg (27.09%), Vitamin B1: 0.23mg (15.24%), Copper: 0.29mg (14.74%), Magnesium: 58.11mg (14.53%), Vitamin E: 1.95mg (13.02%), Zinc: 1.5mg (9.99%), Vitamin C: 7.43mg (9.01%), Folate: 35.08µg (8.77%), Manganese: 0.17mg (8.4%), Iron: 1.49mg (8.27%), Vitamin K: 7.42µg (7.07%), Vitamin B12: 0.37µg (6.15%), Fiber: 1.53g (6.13%), Vitamin A: 165.62IU (3.31%), Calcium: 26.49mg (2.65%), Vitamin D: 0.28µg (1.89%)