



## Chicken Cutlets with Orange and Arugula

READY IN



30 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups baby arugula leaves
- 1.5 cups bread crumbs
- 3 eggs beaten
- 1 handful flat-leaf parsley finely chopped
- 1 cup flour all-purpose
- 4 servings little nutmeg fresh grated
- 2 tablespoons olive oil extra-virgin
- 2 orange tomatoes diced yellow seeded
- 1 orange zest

- 2 oranges seedless
- 1 sprig oregano fresh finely chopped
- 0.5 cup parmigiano-reggiano grated
- 0.5 small onion red chopped
- 4 servings salt and pepper black freshly ground
- 4 small chicken breasts boneless skinless
- 4 servings vegetable oil for frying

## Equipment

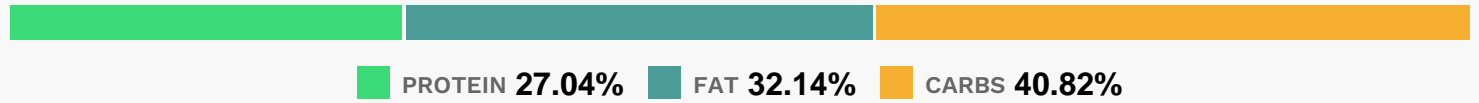
- bowl
- frying pan
- plastic wrap
- stove

## Directions

- Watch how to make this recipe.
- Combine the bread crumbs, cheese, nutmeg, parsley, and orange zest in a shallow bowl.
- Put the flour in another bowl and the eggs in a third bowl.
- Cut the chicken breasts horizontally being sure not to cut all the way through to the other side so it will open like a book. Once the chicken is butterflied, lightly pound the chicken between waxed paper, parchment or plastic wrap into 4 large, very thin cutlets. Season the cutlets with salt and pepper and coat with the flour, then the egg and then the bread crumbs.
- Heat a 1/2-inch of frying oil in very large skillet over medium to medium-high heat. When the oil is hot, add the cutlets 1 or 2 at a time, depending on the size of the pan. As cutlets are done, transfer to a baking rack to drain.
- Cutlets may be served room temperature but you want them to remain crisp.
- While the cutlets cook, working next to the stove, peel and section the oranges and dice.
- Add them to a large bowl along with the tomatoes, oregano, if using, onion, extra-virgin olive oil and salt and pepper, to taste. Toss and when ready to serve fold in the arugula leaves.

Transfer the cutlets to serving plates and top with mounds of orange and arugula salad before serving.

## Nutrition Facts



## Properties

Glycemic Index:86.88, Glycemic Load:20.55, Inflammation Score:-9, Nutrition Score:35.28130429724%

## Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

## Nutrients (% of daily need)

Calories: 636.78kcal (31.84%), Fat: 22.52g (34.65%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 64.37g (21.46%), Net Carbohydrates: 58.78g (21.38%), Sugar: 9.97g (11.07%), Cholesterol: 203.58mg (67.86%), Sodium: 682.24mg (29.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.65g (85.29%), Selenium: 70.39µg (100.55%), Vitamin B3: 16.72mg (83.59%), Vitamin C: 44.88mg (54.4%), Vitamin B1: 0.81mg (53.74%), Vitamin K: 55.43µg (52.79%), Vitamin B6: 1.05mg (52.3%), Phosphorus: 516.28mg (51.63%), Folate: 166.16µg (41.54%), Vitamin B2: 0.67mg (39.68%), Manganese: 0.79mg (39.67%), Calcium: 328mg (32.8%), Iron: 5.25mg (29.19%), Vitamin B5: 2.81mg (28.1%), Potassium: 809.7mg (23.13%), Fiber: 5.58g (22.34%), Magnesium: 85.59mg (21.4%), Vitamin A: 1053.34IU (21.07%), Zinc: 2.45mg (16.33%), Vitamin E: 2.19mg (14.61%), Copper: 0.28mg (14.07%), Vitamin B12: 0.81µg (13.52%), Vitamin D: 0.84µg (5.57%)