



Chicken Cutlets with Pecan Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup butter divided
- ☐ 0.5 cup chicken broth
- ☐ 1.3 lb chicken cutlets
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup pecans

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

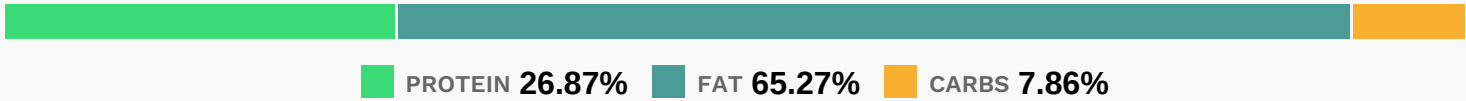
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat pecans and 2 Tbsp. butter in a large nonstick skillet over medium-low heat, stirring often, 2 to 3 minutes or until toasted and fragrant.
- ☐ Remove from skillet.
- ☐ Sprinkle chicken with salt and pepper. Dredge in flour.
- ☐ Cook chicken in hot oil in skillet over medium heat 3 to 4 minutes on each side or until golden brown and done.
- ☐ Transfer to a serving platter. Top with pecans.
- ☐ Add chicken broth to skillet, and cook 2 minutes, stirring to loosen particles from bottom of skillet.
- ☐ Add brown sugar, vinegar, and thyme, and cook 3 to 4 minutes or until sugar is melted and sauce is slightly thickened.
- ☐ Whisk in remaining 2 Tbsp. butter.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:3.22, Inflammation Score:-6, Nutrition Score:18.813913332379%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin:

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Nutrients (% of daily need)

Calories: 477.83kcal (23.89%), Fat: 34.72g (53.42%), Saturated Fat: 10.33g (64.56%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.95g (2.89%), Sugar: 3.59g (3.98%), Cholesterol: 121.81mg (40.6%), Sodium: 947.66mg (41.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.32%), Vitamin B3: 15.34mg (76.72%), Selenium: 48.06µg (68.66%), Vitamin B6: 1.09mg (54.66%), Manganese: 0.69mg (34.69%), Phosphorus: 343.97mg (34.4%), Vitamin B5: 2.18mg (21.77%), Potassium: 603.94mg (17.26%), Vitamin E: 2.31mg (15.41%), Vitamin B1: 0.22mg (14.96%), Magnesium: 55.01mg (13.75%), Vitamin B2: 0.21mg (12.28%), Copper: 0.21mg (10.31%), Vitamin K: 10.6µg (10.1%), Zinc: 1.47mg (9.81%), Vitamin A: 410.7IU (8.21%), Iron: 1.4mg (7.78%), Fiber: 1.45g (5.8%), Vitamin B12: 0.31µg (5.22%), Folate: 19.53µg (4.88%), Calcium: 28.12mg (2.81%), Vitamin C: 1.9mg (2.3%)