



HEALTH SCORE

51%

Chicken Cutlets with Romesco and Serrano Cracklin's

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1.5 cups breadcrumbs made from baguette fresh with crust, divided
- ☐ 6 cups torn butter lettuce
- ☐ 4 large chicken cutlets
- ☐ 1 large garlic clove peeled
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 0.8 teaspoon paprika

- ☐ 0.3 cup parsley plus fresh italian chopped
- ☐ 1 cup roasted bell peppers from jar red drained
- ☐ 2 ounces serrano ham thinly sliced chopped
- ☐ 2 tablespoons sherry wine vinegar divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pie form

Directions

- ☐ Blend 1/2 cup breadcrumbs, peppers, nuts,2 tablespoons oil, 1 tablespoon vinegar,garlic, and paprika in processor. Seasonromesco with salt and pepper.
- ☐ Mix 1 cup crumbs and chopped parsleyin pie dish.
- ☐ Sprinkle chicken with salt andpepper; coat with crumbs.
- ☐ Heat largenonstick skillet over medium heat.
- ☐ Add ham;sautéuntil crisp, 5 minutes.
- ☐ Transfer to bowl.
- ☐ Heat 2 tablespoons oil in same skilletover medium heat.
- ☐ Add chicken; sauté untilcooked through, 4 to 5 minutes per side.Divide chicken among plates.
- ☐ Whisk 1 tablespoon oil and 1 tablespoonvinegar in large bowl; season with saltand pepper.
- ☐ Add lettuce and parsley leaves;toss. Mound salad alongside chicken. Topwith romesco.
- ☐ Sprinkle ham over.
- ☐ Per serving:505 calories, 29 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **31.41%**  FAT **39.65%**  CARBS **28.94%**

Properties

Glycemic Index:39.69, Glycemic Load:29.46, Inflammation Score:-10, Nutrition Score:39.494782276776%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 663.36kcal (33.17%), Fat: 29.07g (44.73%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 43.6g (15.86%), Sugar: 5.2g (5.78%), Cholesterol: 116.4mg (38.8%), Sodium: 1510.97mg (65.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.81g (103.62%), Vitamin K: 172.58µg (164.36%), Vitamin B3: 22.54mg (112.68%), Selenium: 70.59µg (100.84%), Vitamin B6: 1.52mg (75.95%), Vitamin A: 3323.03IU (66.46%), Phosphorus: 506.52mg (50.65%), Vitamin B1: 0.7mg (46.37%), Folate: 172.42µg (43.1%), Manganese: 0.79mg (39.44%), Vitamin B2: 0.59mg (34.57%), Vitamin C: 28.01mg (33.96%), Vitamin E: 4.85mg (32.36%), Iron: 5.82mg (32.32%), Potassium: 1053.12mg (30.09%), Vitamin B5: 2.94mg (29.45%), Magnesium: 100.05mg (25.01%), Calcium: 167.47mg (16.75%), Fiber: 4.14g (16.55%), Zinc: 2.16mg (14.4%), Copper: 0.28mg (14.15%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)