



Chicken Frico with Gremolata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 4 small garlic clove chopped
- 5 teaspoons lemon zest grated
- 3 tablespoons olive oil
- 1 cup parmesan finely grated
- 0.5 cup flat parsley italian finely chopped
- 0.3 teaspoon salt
- 3 ounce turkey breast cutlets dry

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- broiler
- spatula

Directions

- Preheat oven to 400°F.
- Sprinkle generous 2 tablespoons cheese on nonstick baking sheet; spread to 3 1/2-inch circle. Repeat with remaining cheese, spacing frico 1 inch apart.
- Bake until bubbly and golden, about 5 minutes.
- Remove from oven. Using metal spatula, loosen edges.
- Let stand 30 seconds.
- Transfer to platter. DO AHEAD Can be made 1 day ahead. Store at room temperature in airtight container.
- Toss parsley and next 4 ingredients in medium bowl. Set gremolata aside.
- Preheat broiler. Toss chicken and oil in large bowl; sprinkle with salt and pepper. Divide cutlets between 2 baking sheets. Broil 1 sheet until chicken is cooked through, about 5 minutes. Tent pan with foil; repeat with remaining cutlets.
- Place 1 cutlet on plate; sprinkle with 2 teaspoons gremolata. Top with another cutlet; sprinkle with 2 teaspoons gremolata. Top with frico. Repeat with remaining cutlets, gremolata, and frico.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:8.0434783541638%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 148.57kcal (7.43%), Fat: 11.43g (17.59%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.27g (0.3%), Cholesterol: 20.19mg (6.73%), Sodium: 373.85mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin K: 86.94µg (82.8%), Calcium: 211.32mg (21.13%), Phosphorus: 122.22mg (12.22%), Vitamin C: 9.42mg (11.42%), Vitamin A: 553.75IU (11.07%), Vitamin E: 1.09mg (7.27%), Selenium: 4.06µg (5.8%), Manganese: 0.08mg (3.85%), Vitamin B2: 0.06mg (3.78%), Zinc: 0.54mg (3.62%), Vitamin B12: 0.2µg (3.33%), Iron: 0.58mg (3.23%), Magnesium: 11.01mg (2.75%), Vitamin B6: 0.05mg (2.4%), Folate: 9.09µg (2.27%), Fiber: 0.45g (1.79%), Potassium: 57.13mg (1.63%), Copper: 0.02mg (1.18%), Vitamin B5: 0.12mg (1.16%), Vitamin B1: 0.02mg (1.07%)