



Chicken Milanese

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 large eggs
- 0.3 cup flour all-purpose
- 1 clove through garlic press minced pressed (or)
- 4 servings kosher salt and pepper black
- 2 tablespoons olive oil
- 1 pound chicken breasts thin-cut boneless skinless
- 0.3 cup vegetable oil

- 2 slices bread whole wheat (or sub 1 cup panko breadcrumbs)

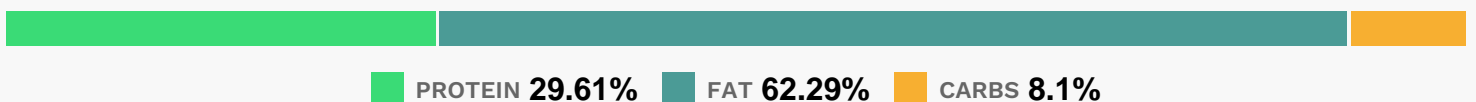
Equipment

- food processor
- bowl
- frying pan
- whisk
- baking pan
- spatula

Directions

- Marinate the chicken breasts in the olive oil, balsamic vinegar and garlic in a medium bowl for 15 minutes.
- Place the bread in a food processor and pulse until medium-size crumbs are formed, about 10 pulses. Season with salt and pepper.
- Transfer the breadcrumbs (or panko) to a shallow baking dish or rimmed plate and set aside.
- Whisk the egg in a medium bowl and place the flour on medium plate. Dip a piece of the chicken in the flour, then the egg and then the breadcrumbs, lightly pressing down on the chicken and then turning it over to coat the other side. Set the breaded cutlet on a plate and repeat with the remaining pieces of chicken.
- Heat the vegetable oil in a large frying pan over medium-high heat.
- Add the cutlets to the pan and cook until brown on each side and cooked through, about 8 minutes total. Use a spatula to transfer the chicken to a paper-towel-lined plate to blot before serving.
- Serve with some greens on the side - baby spinach, arugula and chopped endive are all good choices.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:4.66, Inflammation Score:-3, Nutrition Score:14.821738854699%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 364.23kcal (18.21%), Fat: 24.86g (38.24%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 7.02g (2.55%), Sugar: 0.7g (0.78%), Cholesterol: 119.07mg (39.69%), Sodium: 348.11mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.17%), Vitamin B3: 12.33mg (61.67%), Selenium: 42.96µg (61.37%), Vitamin B6: 0.88mg (43.94%), Vitamin K: 29.59µg (28.18%), Phosphorus: 273.94mg (27.39%), Vitamin B5: 1.85mg (18.46%), Vitamin E: 2.48mg (16.51%), Potassium: 453.73mg (12.96%), Vitamin B2: 0.21mg (12.44%), Vitamin B1: 0.14mg (9.66%), Magnesium: 33.59mg (8.4%), Folate: 25.36µg (6.34%), Iron: 1.11mg (6.17%), Zinc: 0.89mg (5.95%), Vitamin B12: 0.34µg (5.66%), Manganese: 0.09mg (4.33%), Copper: 0.05mg (2.73%), Vitamin D: 0.36µg (2.42%), Vitamin A: 101.52IU (2.03%), Vitamin C: 1.36mg (1.65%), Calcium: 16.22mg (1.62%), Fiber: 0.26g (1.02%)