



Chicken Milanese

READY IN



25 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula
- ☐ 0.8 cup breadcrumbs italian
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon juice of lemon
- ☐ 1 oz parmesan cheese freshly grated
- ☐ 1.6 oz parmesan shaved
- ☐ 1 cup pasta sauce

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vegetable oil

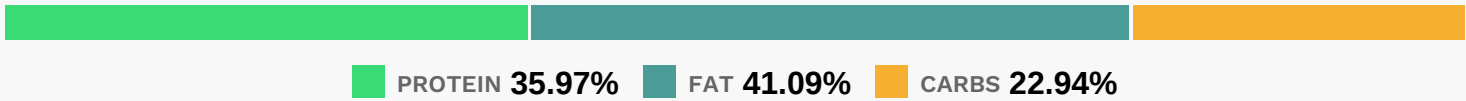
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut chicken breasts in half horizontally to make 8 thin pieces.
- ☐ In medium bowl, mix bread crumbs, 1/4 cup grated Parmesan cheese and 1/8 teaspoon pepper; set aside. In separate medium shallow bowls, place flour and eggs.
- ☐ Coat chicken with flour, shaking off excess, then dip into eggs, letting any excess drip back into bowl. Coat chicken with bread crumb mixture, pressing to coat.
- ☐ In 12-inch nonstick skillet, heat 1 tablespoon oil over medium-high heat.
- ☐ Add chicken; cook about 2 minutes or until golden on bottom. Turn chicken over; cook 3 to 4 minutes or until golden on outside and no longer pink in center.
- ☐ In small bowl, beat all salad ingredients except arugula with wire whisk. In medium bowl, toss arugula with oil mixture to coat.
- ☐ Place 2 chicken pieces on each of 4 plates, placing in the center. Spoon about 1/4 cup of the pasta sauce around chicken on each plate. Spoon salad on top of chicken. Top with shaved Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:7.05, Inflammation Score:-8, Nutrition Score:28.806956581447%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 495.86kcal (24.79%), Fat: 22.38g (34.43%), Saturated Fat: 6.31g (39.45%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 25.63g (9.32%), Sugar: 4.08g (4.54%), Cholesterol: 186.44mg (62.15%), Sodium: 1090.92mg (47.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.07g (88.14%), Selenium: 66.22µg (94.6%), Vitamin B3: 17.47mg (87.33%), Vitamin B6: 1.22mg (61%), Phosphorus: 536.86mg (53.69%), Vitamin K: 44.61µg (42.49%), Calcium: 296.51mg (29.65%), Vitamin B2: 0.5mg (29.12%), Vitamin B5: 2.87mg (28.7%), Vitamin B1: 0.41mg (27.16%), Potassium: 888.66mg (25.39%), Manganese: 0.45mg (22.35%), Vitamin A: 1052.11IU (21.04%), Folate: 83.15µg (20.79%), Magnesium: 76.95mg (19.24%), Iron: 3.4mg (18.88%), Vitamin E: 2.39mg (15.93%), Zinc: 2.32mg (15.49%), Vitamin B12: 0.78µg (13.03%), Vitamin C: 9.47mg (11.48%), Copper: 0.22mg (10.78%), Fiber: 2.48g (9.93%), Vitamin D: 0.67µg (4.49%)