



Chicken Milanese with Fresh Tomato Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup wine dry red
- 0.5 cup basil fresh chopped
- 2 cups grape tomatoes
- 6.5 teaspoons olive oil
- 0.5 cup panko bread crumbs crispy italian-style
- 0.3 cup parmesan fresh grated
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 1 large shallots chopped

1.5 lb chicken breast boneless skinless

Equipment

bowl

frying pan

Directions

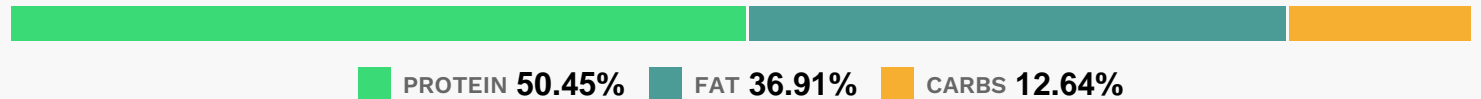
In 12-inch nonstick skillet, heat 2 teaspoons of the oil over medium-high heat. Cook tomatoes, shallots, salt and pepper in oil 4 minutes, stirring frequently, until shallots are tender. Stir in wine; cook 30 seconds longer.

Remove from heat; transfer to medium bowl. Stir in basil; cover to keep warm.

In shallow bowl, mix bread crumbs and cheese. In same skillet, heat remaining 4 1/2 teaspoons oil over medium heat. Spray both sides of chicken with cooking spray; coat with bread crumb mixture. Cook chicken in oil 12 to 15 minutes, turning once, until juice of chicken in oil 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165F).

On each of 4 plates, place 1 chicken breast; spoon sauce evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:22.641739073007%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 336.86kcal (16.84%), Fat: 13.1g (20.15%), Saturated Fat: 3g (18.76%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 8.59g (3.12%), Sugar: 2.98g (3.31%), Cholesterol: 113.11mg (37.7%), Sodium: 502.43mg (21.84%), Alcohol: 1.58g (100%), Alcohol %: 0.69% (100%), Protein: 40.28g (80.55%), Vitamin B3: 18.74mg (93.7%), Selenium: 57.82µg (82.6%), Vitamin B6: 1.38mg (68.75%), Phosphorus: 436.46mg (43.65%), Vitamin B5: 2.59mg (25.86%), Potassium: 857.86mg (24.51%), Vitamin K: 23.44µg (22.33%), Vitamin A: 879.61IU (17.59%), Vitamin C: 13.29mg (16.11%), Magnesium: 61.85mg (15.46%), Vitamin B1: 0.22mg (14.42%), Vitamin B2: 0.24mg (14.06%), Manganese: 0.25mg (12.48%), Vitamin E: 1.71mg (11.39%), Calcium: 112.01mg (11.2%), Zinc: 1.45mg (9.63%), Iron: 1.46mg (8.13%), Folate: 30.63µg (7.66%), Vitamin B12: 0.44µg (7.36%), Copper: 0.13mg (6.49%), Fiber: 1.51g (6.04%), Vitamin D: 0.2µg (1.34%)