



Chicken Milanese with Spring Greens

READY IN



40 min.

SERVINGS



2

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 egg white lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 2 lemon wedges
- ☐ 5 teaspoons olive oil divided
- ☐ 2 tablespoons parmigiano-reggiano grated

- ☐ 2 cups spring mix salad greens packed
- ☐ 0.5 teaspoon shallots minced
- ☐ 12 ounce chicken breasts boneless skinless
- ☐ 1 Dash sugar
- ☐ 0.8 teaspoon citrus champagne vinegar

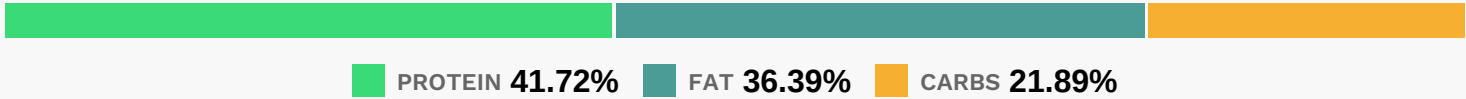
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Combine juice, vinegar, shallots, 1/8 teaspoon salt, and sugar; let stand 15 minutes.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Combine breadcrumbs and cheese in a shallow dish.
- ☐ Place flour in a shallow dish.
- ☐ Place egg white in a shallow dish.
- ☐ Sprinkle chicken with 1/8 teaspoon salt and 1/8 teaspoon pepper. Dredge chicken in flour; dip in egg white. Dredge in breadcrumb mixture.
- ☐ Place chicken on a wire rack; let stand 5 minutes.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes. Turn chicken over; cook 2 minutes or until browned and done.
- ☐ Add 2 teaspoons oil and 1/8 teaspoon pepper to shallot mixture; stir with a whisk.
- ☐ Add greens; toss gently.
- ☐ Place 1 chicken breast half and 1 cup salad on each of 2 plates.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:129.8, Glycemic Load:4.88, Inflammation Score:-7, Nutrition Score:24.541304059651%

Flavonoids

Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 423.41kcal (21.17%), Fat: 16.85g (25.92%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 21.19g (7.71%), Sugar: 2.32g (2.58%), Cholesterol: 112.26mg (37.42%), Sodium: 736.15mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.46g (86.91%), Vitamin B3: 19.65mg (98.25%), Selenium: 65.89µg (94.13%), Vitamin B6: 1.35mg (67.71%), Phosphorus: 451.43mg (45.14%), Vitamin B5: 2.7mg (26.97%), Vitamin C: 21.64mg (26.23%), Vitamin B1: 0.36mg (24.3%), Potassium: 803.18mg (22.95%), Vitamin B2: 0.39mg (22.74%), Manganese: 0.34mg (17.21%), Magnesium: 64.03mg (16.01%), Folate: 58.11µg (14.53%), Iron: 2.36mg (13.1%), Vitamin E: 1.83mg (12.17%), Calcium: 114.5mg (11.45%), Vitamin A: 549.94IU (11%), Zinc: 1.54mg (10.29%), Vitamin B12: 0.48µg (7.94%), Vitamin K: 8.07µg (7.68%), Copper: 0.14mg (6.94%), Fiber: 1.6g (6.41%), Vitamin D: 0.2µg (1.3%)