



Chicken Milano

READY IN



30 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 0.1 teaspoon salt
- 1 cup arugula packed
- 0.5 cup tomatoes diced
- 2 tablespoons onion diced red
- 1.3 lb chicken breast boneless skinless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

- 2 tablespoons flour all-purpose
- 1 cup panko bread crumbs crispy italian or style
- 1 eggs
- 2 tablespoons olive oil
- 0.3 cup feta cheese crumbled

Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- In medium bowl, mix dressing ingredients. Stir in salad ingredients to coat.
- Between pieces of waxed paper or plastic wrap, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 3/4 inch thick.
- Sprinkle with 1/4 teaspoon salt and the pepper.
- On separate plates, place flour and bread crumbs. In bowl, beat egg with fork. Coat chicken with flour. Dip into egg; coat well with bread crumbs.
- In 12-inch nonstick skillet, heat 2 tablespoons oil over medium heat.
- Add chicken; cook 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F) and coating is golden brown.
- Serve chicken topped with salad and sprinkled with cheese.

Nutrition Facts

 **PROTEIN 38.68%**  **FAT 44.4%**  **CARBS 16.92%**

Properties

Glycemic Index:57.75, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:20.625652510187%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 375.28kcal (18.76%), Fat: 18.14g (27.91%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.37g (5.22%), Sugar: 1.79g (1.98%), Cholesterol: 139.98mg (46.66%), Sodium: 617.73mg (26.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.12%), Vitamin B3: 16.24mg (81.18%), Selenium: 55.24µg (78.91%), Vitamin B6: 1.16mg (58.24%), Phosphorus: 388.76mg (38.88%), Vitamin B5: 2.42mg (24.25%), Vitamin B2: 0.36mg (21.15%), Vitamin B1: 0.3mg (19.7%), Potassium: 651.55mg (18.62%), Vitamin K: 14.95µg (14.24%), Vitamin E: 2.05mg (13.68%), Magnesium: 52.45mg (13.11%), Manganese: 0.25mg (12.59%), Folate: 45.37µg (11.34%), Iron: 1.89mg (10.52%), Zinc: 1.54mg (10.29%), Calcium: 99.43mg (9.94%), Vitamin B12: 0.59µg (9.87%), Vitamin A: 416.07IU (8.32%), Vitamin C: 5.39mg (6.53%), Copper: 0.11mg (5.58%), Fiber: 1.2g (4.79%), Vitamin D: 0.4µg (2.66%)