



Chicken Paillard with Black Olive and Sprout Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black pitted
- ☐ 2.3 teaspoons pepper black freshly ground
- ☐ 2 celery stalks chopped
- ☐ 1.3 teaspoons kosher salt
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 tablespoon red wine vinegar

- ☐ 24 ounce chicken breasts boneless skinless
- ☐ 2 cups sprouts fresh (such as radish or alfalfa)

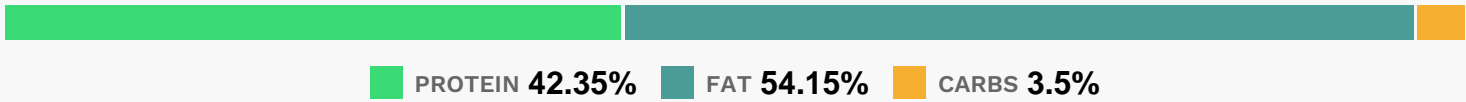
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ In a large bowl, whisk together the vinegar and 3 tablespoons of the oil. Season with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper.
- ☐ Add the celery, onion, olives, and sprouts and toss well.Rinse the chicken under cold water and pat dry with paper towels.
- ☐ Place between 2 pieces of plastic wrap and pound with a mallet, rolling pin, or bottom of a skillet to an even 1/2-inch thickness. Season the chicken with the remaining salt and pepper.
- ☐ Heat the remaining oil in a skillet over medium heat. Working in batches, add the chicken and saute until cooked through, about 3 minutes per side.
- ☐ Transfer the chicken to plates and top with the salad.Tip: Pounding the chicken ensures that it will cook quickly and evenly. For a time-saving alternative, look for thinly sliced cutlets, available at many grocery stores. Because the pieces are smaller than standard breasts, allow 2 per person.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:19.366521622824%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 355.25kcal (17.76%), Fat: 21.16g (32.55%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.74g (0.82%), Cholesterol: 108.86mg (36.29%), Sodium: 1191.22mg (51.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.23g (74.45%), Vitamin B3: 17.9mg (89.48%), Selenium: 54.82µg (78.31%), Vitamin B6: 1.31mg (65.31%), Phosphorus: 375.97mg (37.6%), Vitamin B5: 2.56mg (25.58%), Vitamin E: 3.01mg (20.04%), Potassium: 691.46mg (19.76%), Vitamin K: 16.52µg (15.73%), Magnesium: 54.22mg (13.56%), Vitamin B2: 0.2mg (11.7%), Manganese: 0.22mg (11.17%), Vitamin B1: 0.13mg (8.86%), Zinc: 1.19mg (7.92%), Iron: 1.11mg (6.19%), Copper: 0.11mg (5.7%), Fiber: 1.42g (5.68%), Vitamin B12: 0.34µg (5.67%), Vitamin C: 4.49mg (5.45%), Folate: 16.77µg (4.19%), Calcium: 32.32mg (3.23%), Vitamin A: 158.33IU (3.17%), Vitamin D: 0.17µg (1.13%)