



Chicken Scaloppine

READY IN



40 min.

SERVINGS



4

CALORIES



1399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 chicken breasts halved lengthwise
- ☐ 14.5 ounce chicken broth canned
- ☐ 29 ounce chicken broth canned
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 head garlic
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 2 tablespoons juice of lemon
- ☐ 8 ounce mushrooms sliced
- ☐ 2.5 teaspoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 1 teaspoon poultry seasoning
- ☐ 2.5 cups rice long-grain
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 3 cans water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

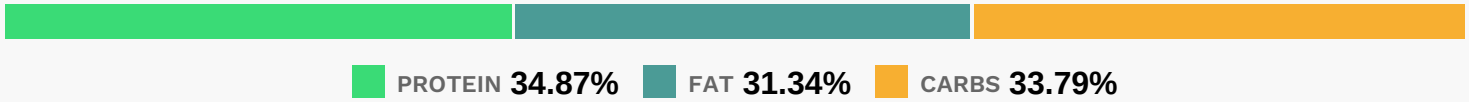
Directions

- ☐ Pound the 4 pieces of chicken between sheets of plastic wrap to flatten them, about 1/4-inch thick.
- ☐ Sprinkle with poultry seasoning and season with salt and pepper, to taste. Coat the chicken with the flour, shaking off any excess.
- ☐ In a large skillet over medium-high heat, add the oil and butter.
- ☐ Mix together and when the butter has melted add the chicken, working in batches, until they are golden brown, about 4 to 6 minutes per side.
- ☐ Remove the chicken, to a serving platter, cover and keep warm.
- ☐ Add the chicken broth to the pan and cook it over high heat until it reduces by half and thickens slightly, about 5 minutes. Stir in the lemon juice, parsley and basil. Taste, and adjust

the seasoning with salt and pepper, if needed.

- ☐ Pour the sauce over the cooked chicken serve with the Roasted Garlic and Mushroom Risotto.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Slice the top off the head of garlic. Put it on a large square of aluminum foil and drizzle 1 teaspoon of the extra-virgin olive oil over the exposed cloves. Wrap the foil around and over the garlic. Roast until it is soft, about 50 minutes to 1 hour.
- ☐ Remove from the oven and let cool.
- ☐ Pour the 2 cans of broth into a saucepan, over low heat, and add 3 cans of water. Bring to a simmer.
- ☐ In a large, heavy bottomed skillet, heat the remaining olive oil over medium-high heat.
- ☐ Add the onion and saute for 3 minutes.
- ☐ Add the mushrooms, season with salt and pepper, to taste, and cook until the mushrooms release their juices, about 5 minutes.
- ☐ Add the rice and cook for 1 minute to toast.
- ☐ Add 2 ladles full of hot broth to the pan and gently stir the rice. Cook until most of the liquid has been absorbed. Adjust the heat so that the pan is just gently bubbling. Continue adding broth and stirring until all the broth is used and the rice is cooked but not mushy, about 20 to 25 minutes. Once the rice has absorbed all the liquid and is nice and creamy, stir in the butter, Parmesan and the garlic pulp. Cover and let rest for 2 minutes.
- ☐ Transfer to a serving dish and serve hot.
- ☐ Reserve 3 cups for another use.

Nutrition Facts



Properties

Glycemic Index:104.55, Glycemic Load:66.04, Inflammation Score:-8, Nutrition Score:43.936521467955%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 1399.32kcal (69.97%), Fat: 47.55g (73.15%), Saturated Fat: 14.39g (89.92%), Carbohydrates: 115.33g (38.44%), Net Carbohydrates: 112.05g (40.75%), Sugar: 2.86g (3.18%), Cholesterol: 250.02mg (83.34%), Sodium: 1830.25mg (79.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 119.02g (238.03%), Selenium: 124.99µg (178.55%), Vitamin B3: 24.16mg (120.82%), Phosphorus: 1017.35mg (101.74%), Vitamin B6: 1.83mg (91.57%), Manganese: 1.63mg (81.57%), Zinc: 10.54mg (70.28%), Vitamin B12: 3.49µg (58.23%), Vitamin B2: 0.85mg (49.76%), Vitamin B5: 3.86mg (38.57%), Iron: 6.93mg (38.52%), Potassium: 1322.03mg (37.77%), Vitamin K: 37.74µg (35.94%), Magnesium: 138.28mg (34.57%), Copper: 0.69mg (34.51%), Calcium: 262.54mg (26.25%), Vitamin B1: 0.36mg (23.87%), Vitamin E: 3.16mg (21.07%), Vitamin A: 978.65IU (19.57%), Folate: 68.77µg (17.19%), Vitamin C: 11.15mg (13.51%), Fiber: 3.28g (13.11%), Vitamin D: 0.7µg (4.68%)