



Chicken Scalloppine with Spring Herb Salad

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce arugula trimmed
- ☐ 2 ounces baby spinach leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup buttermilk whole
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon champagne vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons tarragon dried

- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 8 ounces haricots verts
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 ounce watercress trimmed

Equipment

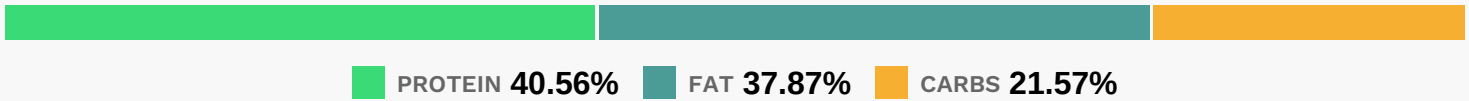
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ To prepare chicken, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Combine chicken and buttermilk in a large zip-top plastic bag; seal. Marinate in refrigerator for 2 hours, turning bag occasionally.
- ☐ Remove chicken from bag; discard marinade.

- ☐ Pat chicken dry with paper towels; sprinkle with 1/2 teaspoon salt.
- ☐ Combine flour, tarragon, and 1/2 teaspoon black pepper in a shallow bowl. Dredge chicken in flour mixture; shake off excess.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on each side or until done.
- ☐ To prepare salad, place haricots verts into a large saucepan of boiling water; cook 3 minutes.
- ☐ Drain and plunge haricots verts into ice water; drain.
- ☐ Place haricots verts, spinach, arugula, watercress, parsley, and chives in a large bowl.
- ☐ Combine shallots, juice, oil, vinegar, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl, stirring with a whisk. Spoon 3 tablespoons shallot mixture over spinach mixture; toss gently to coat.
- ☐ Place 2 cups salad mixture onto each of 4 plates; top each serving with 1 chicken breast half.
- ☐ Drizzle chicken evenly with remaining shallot mixture.

Nutrition Facts



Properties

Glycemic Index:130.25, Glycemic Load:11.56, Inflammation Score:-9, Nutrition Score:34.312173926312%

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: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 417.85kcal (20.89%), Fat: 17.47g (26.88%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 19.4g (7.06%), Sugar: 5.7g (6.33%), Cholesterol: 115.46mg (38.49%), Sodium: 734.45mg (31.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.11g (84.23%), Vitamin K: 209.73µg (199.75%), Vitamin B3: 19.48mg (97.39%), Selenium: 63.19µg (90.27%), Vitamin B6: 1.48mg (73.83%), Vitamin A: 2763.86IU (55.28%), Phosphorus: 474.06mg (47.41%), Vitamin C: 27.96mg (33.9%), Potassium: 1067.89mg (30.51%), Vitamin

B5: 2.97mg (29.66%), Manganese: 0.58mg (29.01%), Vitamin B2: 0.48mg (27.95%), Folate: 107.18µg (26.79%),
Magnesium: 93.01mg (23.25%), Vitamin B1: 0.34mg (22.95%), Iron: 3.29mg (18.3%), Vitamin E: 2.68mg (17.85%),
Calcium: 158.77mg (15.88%), Fiber: 3g (11.98%), Zinc: 1.71mg (11.42%), Vitamin B12: 0.62µg (10.27%), Copper: 0.18mg
(8.95%), Vitamin D: 0.95µg (6.33%)