



Chicken Scaloppini

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large egg white
- 0.5 cup less-sodium chicken broth fat-free
- 0.5 cup italian-seasoned breadcrumbs
- 1 tablespoon juice of lemon fresh
- 2 teaspoons olive oil divided
- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons water

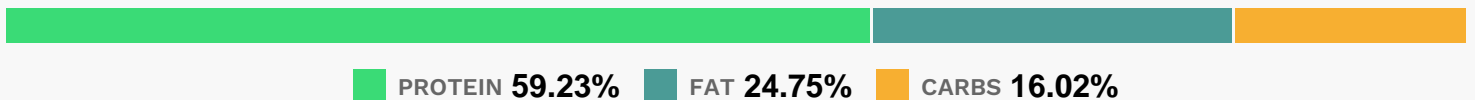
Equipment

- frying pan
- whisk
- plastic wrap
- meat tenderizer

Directions

- Place chicken between 2 sheets of plastic wrap. Pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Combine egg white and water in a shallow dish, stirring with a whisk.
- Place breadcrumbs in another shallow dish. Dip each chicken breast half in egg mixture; dredge in breadcrumbs.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add half of chicken to pan. Cook 3 minutes on each side or until golden.
- Transfer to a plate; cover and keep warm. Repeat procedure with remaining oil and chicken.
- Add broth and lemon juice to pan, stirring to loosen browned bits. Cook, uncovered, over high heat 2 to 3 minutes or until reduced to 1/3 cup.
- Drizzle sauce over chicken.
- Serve with: Pan-Roasted Asparagus and Tomatoes

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.417825978735%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 275.29kcal (13.76%), Fat: 7.3g (11.23%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.89g (3.59%), Sugar: 1.06g (1.17%), Cholesterol: 109.01mg (36.34%), Sodium: 527.66mg (22.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.3g (78.59%), Vitamin B3: 18.84mg (94.18%), Selenium: 60.41µg (86.31%), Vitamin B6: 1.31mg (65.29%), Phosphorus: 388.41mg (38.84%), Vitamin B5: 2.57mg (25.72%), Potassium: 689.85mg (19.71%), Vitamin B1: 0.26mg (17.08%), Vitamin B2: 0.28mg (16.18%), Magnesium: 52.57mg (13.14%), Manganese: 0.18mg (8.88%), Zinc: 1.21mg (8.08%), Vitamin K: 8.44µg (8.04%), Iron: 1.43mg (7.93%), Vitamin B12: 0.46µg (7.61%), Folate: 26.02µg (6.5%), Vitamin C: 3.9mg (4.72%), Copper: 0.09mg (4.54%), Vitamin E: 0.66mg (4.37%), Calcium: 37.84mg (3.78%), Fiber: 0.75g (2.98%), Vitamin A: 80.2IU (1.6%), Vitamin D: 0.17µg (1.13%)