



Chicken Schnitzel

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 4 servings lemon wedges
- ☐ 2 tablespoons olive oil divided

- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

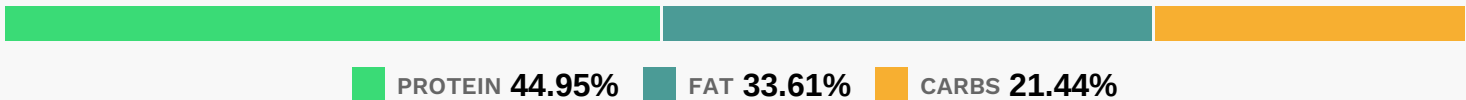
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ meat tenderizer

Directions

- ☐ Cut each chicken breast half in half horizontally through thickest portion of each breast half.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; pound to 1/8-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place flour in a shallow baking dish.
- ☐ Combine mustard and egg in another shallow baking dish.
- ☐ Combine panko, parsley, and garlic in a third shallow baking dish. Dredge pounded chicken in flour; dip in mustard mixture, and dredge in panko mixture, pressing firmly to coat.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 chicken pieces. Cook 3 minutes on each side or until done.
- ☐ Remove chicken, and keep warm. Repeat with remaining 1 tablespoon oil and chicken.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:5.88, Inflammation Score:-5, Nutrition Score:23.683043676874%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 375.56kcal (18.78%), Fat: 13.64g (20.99%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.32g (6.66%), Sugar: 1.11g (1.23%), Cholesterol: 155.36mg (51.79%), Sodium: 658.44mg (28.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.11%), Vitamin B3: 19.42mg (97.08%), Selenium: 66.97µg (95.68%), Vitamin B6: 1.33mg (66.64%), Phosphorus: 424.67mg (42.47%), Vitamin K: 38.69µg (36.84%), Vitamin B5: 2.77mg (27.71%), Vitamin B1: 0.35mg (23.44%), Potassium: 710.04mg (20.29%), Vitamin B2: 0.34mg (20.28%), Magnesium: 57.76mg (14.44%), Manganese: 0.29mg (14.31%), Iron: 2.31mg (12.85%), Folate: 51.25µg (12.81%), Vitamin E: 1.51mg (10.08%), Zinc: 1.5mg (9.97%), Vitamin B12: 0.5µg (8.4%), Vitamin C: 5.48mg (6.64%), Copper: 0.12mg (5.92%), Vitamin A: 290.64IU (5.81%), Calcium: 52.06mg (5.21%), Fiber: 1.26g (5.04%), Vitamin D: 0.42µg (2.8%)