



Chicken Schnitzel with Capers and Parsley

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons capers dry rinsed drained
- ☐ 1 cup breadcrumbs dry fine
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings lemon wedges
- ☐ 1 teaspoon salt

- ☐ 2.5 tablespoons butter unsalted
- ☐ 4 tablespoons vegetable oil

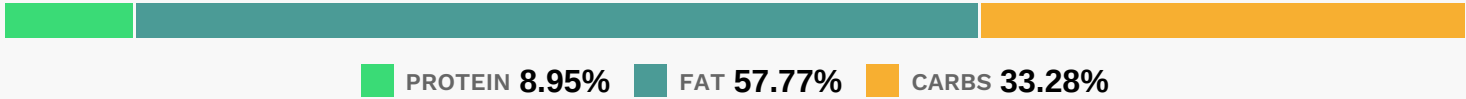
Equipment

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

Directions

- ☐ Preheat oven to 200°F. Put an ovenproof platter in oven to warm.
- ☐ Gently pound each cutlet between 2 sheets of plastic wrap to 1/8-inch thickness with flat side of a meat pounder or with a rolling pin.
- ☐ Stir together flour, salt, and pepper in a shallow bowl or a pie plate.
- ☐ Whisk together eggs and a pinch of salt in another shallow bowl, then put bread crumbs in a third shallow bowl.
- ☐ Pat chicken dry and dredge in seasoned flour, shaking off excess. Dip in eggs, letting excess drip off, then dredge in bread crumbs, coating completely.
- ☐ Transfer to a wax-paper-lined tray and chill 10 minutes.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then fry cutlets in 2 or 3 batches (without crowding), turning over once, until golden brown and just cooked through, about 3 minutes per batch. (
- ☐ Add 2 tablespoons oil to skillet between batches.)
- ☐ Drain cutlets on paper towels, then transfer to platter in oven to keep warm.
- ☐ Add butter and capers to skillet and heat over moderate heat, swirling skillet, until butter is melted. Stir in parsley and pour sauce over cutlets.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:8.68, Inflammation Score:-5, Nutrition Score:12.689565067706%

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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 384.48kcal (19.22%), Fat: 24.72g (38.02%), Saturated Fat: 7.71g (48.22%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 30.15g (10.96%), Sugar: 1.87g (2.08%), Cholesterol: 111.81mg (37.27%), Sodium: 927.71mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.24%), Vitamin K: 61.52µg (58.59%), Selenium: 19.92µg (28.46%), Vitamin B1: 0.4mg (26.48%), Manganese: 0.39mg (19.31%), Folate: 73.59µg (18.4%), Vitamin B2: 0.31mg (18.3%), Iron: 2.68mg (14.92%), Vitamin B3: 2.79mg (13.95%), Phosphorus: 114.94mg (11.49%), Vitamin E: 1.66mg (11.08%), Vitamin A: 528.57IU (10.57%), Fiber: 1.89g (7.56%), Calcium: 73.39mg (7.34%), Copper: 0.13mg (6.56%), Vitamin B5: 0.62mg (6.23%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.33µg (5.53%), Magnesium: 20.85mg (5.21%), Vitamin B6: 0.09mg (4.31%), Vitamin D: 0.63µg (4.21%), Vitamin C: 3.36mg (4.08%), Potassium: 122.08mg (3.49%)