



Chicken Schnitzel with Frisée-Apple Salad

READY IN



45 min.

SERVINGS



6

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings flour
- ☐ 2.5 tablespoons canola oil divided
- ☐ 3 large eggs
- ☐ 1 tablespoon parsley fresh italian minced
- ☐ 6 large chicken thighs boneless skinless (each 5 ounces)
- ☐ 2.5 tablespoons butter unsalted divided
- ☐ 4 cups bread fresh organic crustless () (preferably)

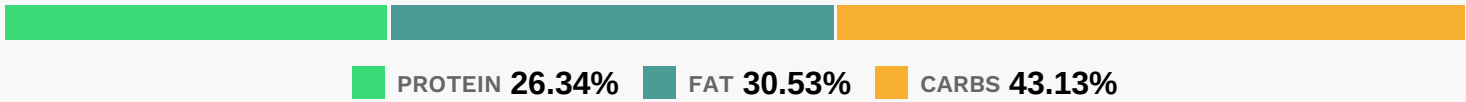
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ spatula
- ☐ pie form

Directions

- ☐ Cutlets can be made up to 1 day ahead. Refrigerate wrapped in plastic.
- ☐ Place large scoop of flour in shallow dish (such as pie dish). Beat eggs and parsley in another shallow dish to blend.
- ☐ Place 2 cups breadcrumbs in third shallow dish. Unwrap 1 chicken cutlet and sprinkle all over with salt and pepper. Coat cutlet completely with flour, then egg mixture, then breadcrumbs.
- ☐ Transfer cutlet to rimmed baking sheet. Repeat with remaining chicken cutlets, adding more flour and breadcrumbs as needed.
- ☐ Divide half of butter and half of oil between 2 large skillets; melt butter with oil over medium-high heat.
- ☐ Add 3 cutlets to each skillet. Cook until coating is golden brown and crisp on bottom, about 3 minutes. Using spatula, transfer chicken to sheet of foil. Divide remaining butter and remaining oil between skillets; swirl to melt butter. Return chicken, browned side up, to skillets. Sauté until bottoms are browned and chicken is cooked through, about 3 minutes longer.
- ☐ Transfer chicken to plates.
- ☐ Serve with Frisée-Apple Salad.
- ☐ A medium-bodied Côtes du Rhône would be a good choice with the schnitzel. Try the Perrin & Fils 2007 "Réserve" Côtes du Rhône, a wine with blackberry, licorice, and herbal notes. At just \$8 a bottle, it also happens to be an incredible bargain.
- ☐ Per serving: (Analysis does not include Frisée-Apple Salad.) 481.2 kcal calories, 49.8 % calories from fat 26.7 g fat, 8.0 g saturated fat,
- ☐ 2 mg cholesterol,
- ☐ 3 g carbohydrates,
- ☐ 2 g total sugars,

Nutrition Facts



Properties

Glycemic Index:29.45, Glycemic Load:44.93, Inflammation Score:-7, Nutrition Score:34.920869635499%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 691.77kcal (34.59%), Fat: 23.26g (35.79%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 73.93g (24.64%), Net Carbohydrates: 64.24g (23.36%), Sugar: 7.08g (7.86%), Cholesterol: 212.89mg (70.96%), Sodium: 847mg (36.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.16g (90.32%), Manganese: 3.44mg (172.25%), Selenium: 76.51µg (109.3%), Vitamin B3: 13.77mg (68.86%), Phosphorus: 605.07mg (60.51%), Vitamin B1: 0.79mg (52.54%), Vitamin B6: 0.89mg (44.51%), Fiber: 9.69g (38.75%), Magnesium: 152.54mg (38.13%), Vitamin B2: 0.62mg (36.22%), Zinc: 4.88mg (32.54%), Iron: 5.77mg (32.05%), Vitamin K: 31.18µg (29.69%), Vitamin B5: 2.86mg (28.63%), Calcium: 284.71mg (28.47%), Folate: 97.43µg (24.36%), Copper: 0.45mg (22.52%), Potassium: 718.78mg (20.54%), Vitamin E: 2.48mg (16.56%), Vitamin B12: 0.96µg (15.93%), Vitamin A: 368.79IU (7.38%), Vitamin D: 0.59µg (3.92%), Vitamin C: 0.89mg (1.07%)