



Chicken Schnitzel with Mushroom Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 cup breadcrumbs plain
- ☐ 0.3 cup canola oil
- ☐ 2 chicken breasts bone-in
- ☐ 1 cup chicken broth
- ☐ 2 large eggs beaten
- ☐ 0.8 cup flour
- ☐ 1 teaspoon garlic chopped
- ☐ 4 servings kosher salt to taste

- ☐ 8 ounce mushrooms sliced
- ☐ 1 tablespoon parsley chopped for garnish
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Remove the chicken breasts from the bone. Slice each breast in half lengthwise.
- ☐ Put them between pieces of plastic wrap and pound them with a mallet or a small skillet until they are 1/4-inch thick.
- ☐ Set up a breading station with three pie plates or shallow dishes.
- ☐ Put the flour in one and season it with a generous pinch of salt and pepper, the eggs beaten with 2 tablespoons of water in another, and the breadcrumbs in the third. Dredge the chicken pieces in the flour, then the egg wash, then the breadcrumbs. Set aside. In a large skillet over medium heat, add the oil. When the oil is hot, add the chicken in 1 layer and cook until it is golden brown and crispy, about 4 minutes per side.
- ☐ Drain on brown paper and keep warm while you make the sauce.
- ☐ In another skillet over medium heat, add the butter. When it is melted, add mushrooms and season them with salt and pepper. Cook until they are browned, about 6 minutes.
- ☐ Add the garlic and cook for 30 seconds then add the stock and simmer for 4 minutes and reduce by one third.
- ☐ Add the Worcestershire sauce, turn the heat off, and let cool for a minute before stirring in the sour cream.
- ☐ Serve the Schnitzel with the sauce poured over the top, garnished with parsley.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:13.44, Inflammation Score:-6, Nutrition Score:27.495652095131%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 589.43kcal (29.47%), Fat: 30.69g (47.22%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.2g (14.25%), Sugar: 4.3g (4.78%), Cholesterol: 192.85mg (64.28%), Sodium: 841.95mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.82%), Selenium: 65.01µg (92.87%), Vitamin B3: 17.23mg (86.13%), Vitamin B6: 1.01mg (50.47%), Vitamin B2: 0.76mg (44.5%), Phosphorus: 428.46mg (42.85%), Vitamin B1: 0.6mg (39.69%), Vitamin B5: 3.18mg (31.81%), Vitamin K: 29.53µg (28.13%), Manganese: 0.52mg (25.77%), Folate: 100.95µg (25.24%), Potassium: 791.03mg (22.6%), Iron: 3.9mg (21.66%), Vitamin E: 3.24mg (21.6%), Copper: 0.36mg (17.93%), Magnesium: 58.31mg (14.58%), Zinc: 1.97mg (13.12%), Vitamin A: 552.63IU (11.05%), Calcium: 105.51mg (10.55%), Vitamin B12: 0.63µg (10.49%), Fiber: 2.49g (9.96%), Vitamin C: 4.84mg (5.86%), Vitamin D: 0.83µg (5.54%)