



Chicken Schnitzel with Mustard Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken cutlets
- ☐ 0.8 teaspoon marjoram dried
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup greek yogurt plain low-fat
- ☐ 4 servings vegetable oil for frying

- ☐ 5 slices bread white
- ☐ 0.3 cup whole-grain mustard

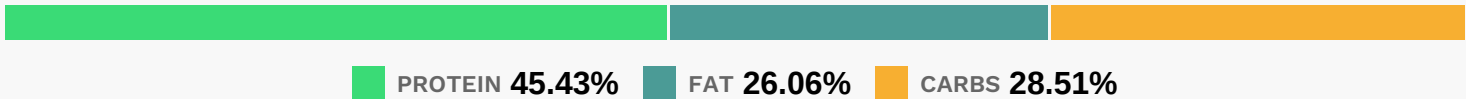
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ whisk

Directions

- ☐ Whisk the yogurt and mustard in a bowl until smooth; set aside.
- ☐ Pulse the bread in a food processor until finely ground.
- ☐ Transfer to a shallow dish and add the marjoram, and salt and pepper to taste. In another shallow dish, season the flour with the paprika and nutmeg. Beat the eggs in a third dish. Season the chicken with salt and pepper.
- ☐ Dredge each cutlet in the flour, shaking off the excess. Dip in the eggs and then in the breadcrumbs, pressing to coat both sides.
- ☐ Place on parchment paper until ready to fry.
- ☐ Heat 1/8 inch of vegetable oil in a large skillet over medium-high heat until hot.
- ☐ Add 2 cutlets, gently swirling the skillet so the oil washes over them, and cook until golden brown, about 3 minutes per side.
- ☐ Transfer to a paper-towel-lined plate and season with salt. Repeat with the remaining chicken, adjusting the heat as needed.
- ☐ Serve the schnitzel with the mustard sauce and applesauce, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:66.69, Glycemic Load:19.69, Inflammation Score:-6, Nutrition Score:25.017391381056%

Nutrients (% of daily need)

Calories: 428.58kcal (21.43%), Fat: 12.07g (18.57%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.75g (10.09%), Sugar: 3.25g (3.61%), Cholesterol: 203.44mg (67.81%), Sodium: 758.86mg (32.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.34g (94.68%), Selenium: 79.93µg (114.19%), Vitamin B3: 20.28mg (101.38%), Vitamin B6: 1.37mg (68.41%), Phosphorus: 476.87mg (47.69%), Vitamin B5: 3.09mg (30.95%), Vitamin B1: 0.43mg (28.74%), Vitamin B2: 0.45mg (26.47%), Potassium: 747.03mg (21.34%), Folate: 83.28µg (20.82%), Manganese: 0.4mg (20.09%), Iron: 3.17mg (17.6%), Magnesium: 67.52mg (16.88%), Calcium: 135.16mg (13.52%), Zinc: 1.81mg (12.07%), Vitamin B12: 0.56µg (9.38%), Fiber: 1.96g (7.83%), Copper: 0.14mg (7.07%), Vitamin E: 1.02mg (6.8%), Vitamin A: 338.65IU (6.77%), Vitamin K: 6.22µg (5.93%), Vitamin D: 0.67µg (4.47%), Vitamin C: 2.12mg (2.57%)