



Chipotle-Orange Chicken Cutlets

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 teaspoons chipotle chile canned finely chopped 1 chile
- ☐ 1 tablespoon canola oil
- ☐ 2 cups brown rice hot cooked
- ☐ 1.5 ounces flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup orange juice concentrate undiluted thawed
- ☐ 0.5 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup water

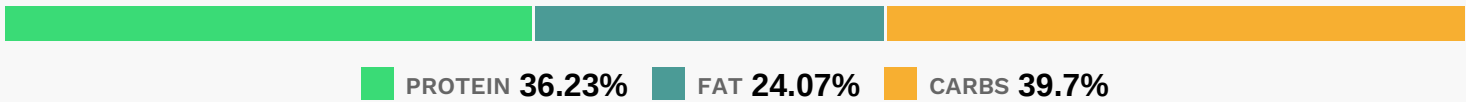
Equipment

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

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Melt butter and oil in a large nonstick skillet over low heat.
- ☐ Combine flour, cumin, and salt in a shallow dish. Dip chicken in orange juice concentrate; dredge in flour mixture. Reserve concentrate.
- ☐ Increase heat to medium-high.
- ☐ Heat pan for 2 minutes or until butter starts to brown.
- ☐ Add chicken; cook 3 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Stir in reserved concentrate, 1/2 cup water, and chile. Bring to a boil; cook 2 minutes. (Thin sauce with 2 tablespoons water, if needed.)
- ☐ Combine rice and chopped cilantro.
- ☐ Serve with chicken.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:53.55, Glycemic Load:16.94, Inflammation Score:-7, Nutrition Score:28.589130520821%

Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 456.11kcal (22.81%), Fat: 11.98g (18.42%), Saturated Fat: 3.23g (20.22%), Carbohydrates: 44.44g (14.81%),
Net Carbohydrates: 41.65g (15.15%), Sugar: 10.78g (11.97%), Cholesterol: 116.39mg (38.8%), Sodium: 517.97mg
(22.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.12%), Vitamin B3: 20.11mg (100.57%),
Selenium: 58.28µg (83.25%), Vitamin B6: 1.52mg (76.14%), Vitamin C: 53.95mg (65.4%), Manganese: 1.22mg
(61.22%), Phosphorus: 471.89mg (47.19%), Vitamin B5: 3.06mg (30.63%), Potassium: 966.78mg (27.62%),
Magnesium: 106.27mg (26.57%), Vitamin B1: 0.4mg (26.45%), Vitamin B2: 0.3mg (17.83%), Folate: 58.53µg (14.63%),
Iron: 2.51mg (13.93%), Zinc: 1.78mg (11.89%), Fiber: 2.79g (11.16%), Copper: 0.18mg (8.89%), Vitamin E: 1.3mg (8.69%),
Vitamin A: 375.84IU (7.52%), Vitamin K: 7.44µg (7.09%), Vitamin B12: 0.35µg (5.77%), Calcium: 45.45mg (4.55%),
Vitamin D: 0.17µg (1.13%)