



Crisp Chicken with Hearts of Palm Salad

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



554 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup japanese breadcrumbs panko
- ☐ 1.5 lb skinned and boned chicken breasts
- ☐ 1 large eggs
- ☐ 1 leaf garnish: flat parsley
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 small bell pepper diced green
- ☐ 14 oz hearts of palm drained sliced canned
- ☐ 5 tablespoons olive oil divided

- ☐ 0.5 cup onion diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

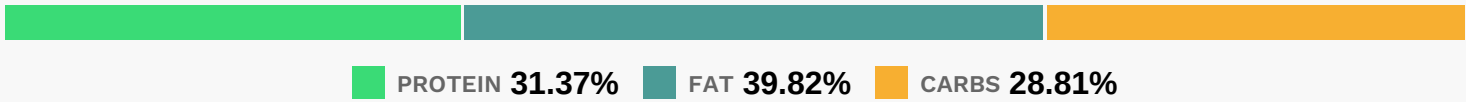
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4" thickness using a meat mallet or rolling pin.
- ☐ Spread breadcrumbs in a shallow plate. Beat egg in a shallow bowl.
- ☐ Sprinkle chicken with salt and 1/4 teaspoon pepper. Dip 1 chicken breast in beaten egg; coat with breadcrumbs. Repeat with remaining chicken. Cook chicken in 1/4 cup hot oil in a large skillet over medium-high heat 4 minutes on each side or until done.
- ☐ While chicken cooks, make salad. Gently toss together remaining 1 tablespoon oil, remaining 1/4 teaspoon pepper, hearts of palm, and next 4 ingredients.
- ☐ Serve chicken topped with salad.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:33.881739315779%

Flavonoids

Apigenin: 4.87mg, Apigenin: 4.87mg, Apigenin: 4.87mg, Apigenin: 4.87mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 553.69kcal (27.68%), Fat: 24.17g (37.18%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 36.38g (13.23%), Sugar: 19.32g (21.46%), Cholesterol: 155.36mg (51.79%), Sodium: 632.75mg (27.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.84g (85.68%), Vitamin B6: 2.19mg (109.27%), Vitamin B3: 19.78mg (98.91%), Selenium: 62.86µg (89.8%), Potassium: 2547.04mg (72.77%), Phosphorus: 557.12mg (55.71%), Vitamin K: 50.66µg (48.25%), Copper: 0.76mg (37.97%), Vitamin C: 29.34mg (35.57%), Zinc: 5.15mg (34.36%), Vitamin B2: 0.48mg (28.21%), Vitamin B5: 2.75mg (27.54%), Vitamin E: 3.57mg (23.83%), Vitamin B1: 0.33mg (22.03%), Iron: 3.64mg (20.2%), Magnesium: 67.66mg (16.91%), Folate: 61.65µg (15.41%), Manganese: 0.25mg (12.66%), Fiber: 2.96g (11.82%), Vitamin A: 445.76IU (8.92%), Vitamin B12: 0.5µg (8.4%), Calcium: 72.06mg (7.21%), Vitamin D: 0.42µg (2.8%)