



Crispy Chicken Cutlets

 Dairy Free

READY IN



510 min.

SERVINGS



16

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz chicken breast cutlets cut in half crosswise
- ☐ 0.8 cup self-rising cornmeal mix
- ☐ 2 cups dill pickle juice from jar
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 2 eggs
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 cup vegetable oil; peanut oil preferred
- ☐ 1 teaspoon pepper

☐ 0.5 teaspoon salt

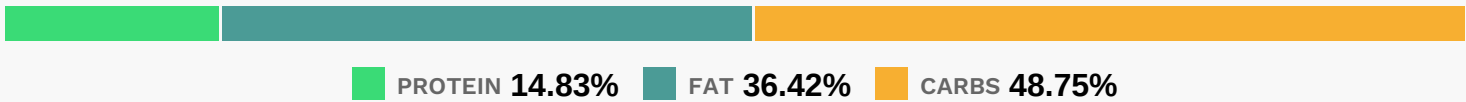
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 2 ingredients in a 1-gal. zip-top plastic freezer bag. Seal bag, pressing out most of air, and chill 8 hours.
- ☐ Whisk together eggs and 3 Tbsp. water in a shallow bowl.
- ☐ Combine cornmeal mix and next 3 ingredients in a second shallow bowl.
- ☐ Remove chicken from marinade, discarding marinade; sprinkle chicken with salt. Dip chicken in egg mixture, and dredge in cornmeal mixture, pressing firmly to adhere.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook, in batches, 2 to 3 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.4226086968961%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg 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: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 96.62kcal (4.83%), Fat: 3.91g (6.02%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 10.99g (4%), Sugar: 0.34g (0.38%), Cholesterol: 25mg (8.33%), Sodium: 675.02mg (29.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin K: 15.96µg (15.2%), Phosphorus: 86.74mg (8.67%), Folate: 30.77µg (7.69%), Vitamin B1: 0.11mg (7.56%), Vitamin B3: 1.51mg (7.54%), Selenium: 5.24µg (7.48%), Manganese: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.19%), Vitamin B6: 0.1mg (5.02%), Iron: 0.83mg (4.63%),

Calcium: 38.42mg (3.84%), Vitamin E: 0.51mg (3.38%), Fiber: 0.79g (3.17%), Vitamin A: 134.36IU (2.69%), Vitamin B5: 0.25mg (2.49%), Magnesium: 9.67mg (2.42%), Zinc: 0.31mg (2.05%), Potassium: 67.1mg (1.92%), Copper: 0.03mg (1.65%), Vitamin C: 1.33mg (1.61%), Vitamin B12: 0.08µg (1.35%)