

food  
network

 **60%**  
HEALTH SCORE

# Crispy Chicken Cutlets with Basil-Parsley Sauce

 Very Healthy

READY IN



**33 min.**

SERVINGS



**4**

CALORIES



**1176 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup arborio rice
- 1 cup basil leaves loosely packed
- 1 cup bread crumbs italian
- 2 pounds chicken cutlets
- 3 cups chicken stock see
- 0.5 cup cooking wine dry white
- 2 eggs beaten

- 2 tablespoons flat-leaf parsley chopped
- 3 tablespoons flour all-purpose
- 1 clove garlic
- 1 large clove garlic finely chopped
- 0.5 juice of lemon juiced
- 1 lemon zest
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 4 servings olive oil for shallow frying
- 1 small onion finely chopped
- 0.3 cup parmigiano generous grated
- 0.3 cup parmigiano grated
- 0.5 cup parsley leaves loosely packed
- 1 cup tiny peas frozen
- 3 ounce pinenuts (pignoli)
- 1 plum tomatoes seeded finely chopped for garnish
- 2 teaspoons poultry seasoning
- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper
- 4 servings salt and pepper black freshly ground

## Equipment

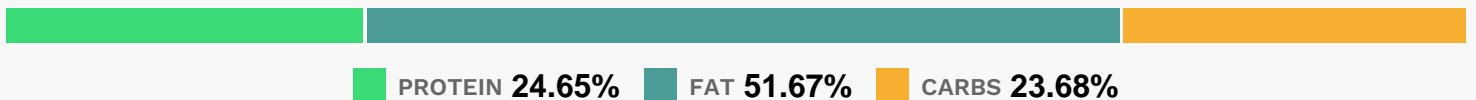
- food processor
- bowl
- frying pan

## Directions

- Season the cutlets with salt and pepper on both sides turn lightly in flour.

- Combine next 7 ingredients in food processor and pulse-process the crumbs to chop the spices, garlic and nuts and evenly distribute the flavors throughout the crumb and cheese mixture.
- Transfer the mixture to a plate. Beat eggs in a separate shallow dish.
- Heat a thin layer of oil in a large skillet, just enough to coat the bottom of the pan, over medium to medium high heat. Coat the cutlets in eggs then breading and add to the hot oil. Cook cutlets in a single layer, in 2 batches if necessary, about 3 or 4 minutes on each side, until cutlets' juices run clear and breading is evenly browned.
- Return food processor bowl to base and add basil, parsley and lemon juice.
- Add a little salt and pepper. Turn processor on and stream in oil until a loose paste forms.
- Serve chicken cutlets with a generous amount of basil and parsley sauce poured over the cutlets.
- Garnish the chicken with finely chopped Roma tomato.
- Serve Cheesy Risi e Bisi alongside.
- Heat a medium skillet over medium high heat.
- Add extra-virgin olive oil and garlic and onion and saute, stirring constantly 2 to 3 minutes then add rice and season with a little salt and pepper. Cook another minute or so then add wine and let it completely absorb, 30 seconds.
- Add about 1 cup chicken stock and stir. Reduce heat a bit to medium. Stir often and continue adding a half cup of liquid each time liquid becomes completely absorbed. Cook 22 minutes, using as much stock as is necessary to result in creamy-consistency rice with a bite to it.
- When rice is cooked to desired consistency, remove from heat and stir in cheese, parsley and peas and stir to combine and to heat peas through.

## Nutrition Facts



### Properties

Glycemic Index:140.33, Glycemic Load:36.86, Inflammation Score:-10, Nutrition Score:51.923478644827%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 20.5mg, Apigenin: 20.5mg, Apigenin: 20.5mg, Apigenin: 20.5mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 1175.63kcal (58.78%), Fat: 66.2g (101.85%), Saturated Fat: 12.27g (76.71%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 62.19g (22.62%), Sugar: 9.81g (10.91%), Cholesterol: 242.31mg (80.77%), Sodium: 1026.06mg (44.61%), Alcohol: 3.09g (100%), Alcohol %: 0.57% (100%), Protein: 71.07g (142.14%), Vitamin K: 233.25µg (222.14%), Vitamin B3: 31.38mg (156.91%), Manganese: 2.9mg (144.77%), Selenium: 97.38µg (139.11%), Vitamin B6: 2.14mg (107.08%), Phosphorus: 916.42mg (91.64%), Vitamin E: 8.17mg (54.48%), Folate: 217.43µg (54.36%), Vitamin B1: 0.77mg (51.15%), Vitamin C: 38.86mg (47.11%), Vitamin B5: 4.53mg (45.31%), Potassium: 1531.01mg (43.74%), Magnesium: 173.51mg (43.38%), Vitamin B2: 0.72mg (42.31%), Iron: 7.58mg (42.09%), Vitamin A: 2012.08IU (40.24%), Copper: 0.71mg (35.62%), Zinc: 5mg (33.31%), Calcium: 266.01mg (26.6%), Fiber: 6.06g (24.23%), Vitamin B12: 0.82µg (13.74%), Vitamin D: 0.74µg (4.93%)