



WHATSheATE



HEALTH SCORE

56%

Crispy Chicken Cutlets with Pears, Shallots, and Wilted Spinach

READY IN



40 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 2 tablespoons flat parsley coarsely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 4 teaspoons thyme sprigs fresh finely chopped (4 sprigs)
- ☐ 2 cloves garlic thinly sliced
- ☐ 1 juice of lemon
- ☐ 2 pears cored peeled cut in 1/2-inch dice

- ☐ 4 servings pepper black freshly ground
- ☐ 2 shallots thinly sliced
- ☐ 4 small chicken breast boneless skinless
- ☐ 1.3 pounds pkt spinach dried fresh washed trimmed
- ☐ 3 tablespoons butter unsalted divided
- ☐ 0.8 cup vegetable stock

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ wooden spoon

Directions

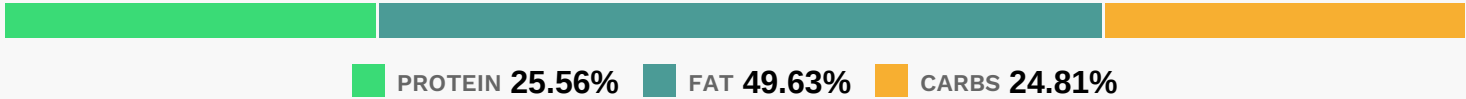
- ☐ Place each chicken breast between 2 sheets of plastic wrap. Using a heavy skillet or mallet, pound the breasts to a thickness of 1/4-inch. Season both sides with salt and freshly ground black pepper and lightly coat with a dusting of flour.
- ☐ Place 1 tablespoon each of olive oil and butter in a large skillet over medium high heat. When the butter begins to foam, add two of the chicken breasts and sauté on one side until golden brown, 2 to 3 minutes. Turn the chicken breasts over and sauté the other side until cooked through, 2 to 3 minutes.
- ☐ Transfer the chicken to a plate, raise the heat to medium high and repeat with another tablespoon each of olive oil and butter and the other 2 chicken breasts.
- ☐ Add the shallot and pears to the pan and cook over medium-high heat until lightly translucent and golden, about 3 minutes.
- ☐ Add the lemon juice, mustard, chicken stock, and any juices on the plate and deglaze the pan, scraping any brown bits on the bottom with a wooden spoon. Simmer until the sauce reduces by half, about 4 minutes.
- ☐ Add the chopped thyme and parsley, and gradually stir in the remaining tablespoon of butter until just melted.
- ☐ For the spinach, add the remaining 2 tablespoons of olive oil and the sliced garlic to a large saute pan. Warm the oil over high heat. When it is very hot, and before the garlic has any color, add the spinach and cook, stirring constantly, for about 2 minutes or until the spinach is

bright green and slightly wilted. Season to taste with salt and freshly ground black pepper.

☐ To serve, divide the spinach between four plates, placing a mound on each. Top the spinach with a chicken cutlet and spoon the shallot and pear sauce over top.

☐ USA Pears

Nutrition Facts



Properties

Glycemic Index:97.44, Glycemic Load:9.95, Inflammation Score:-10, Nutrition Score:40.532608913339%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 9.08mg, Kaempferol: 9.08mg, Kaempferol: 9.08mg, Kaempferol: 9.08mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 454.06kcal (22.7%), Fat: 25.83g (39.74%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 22.1g (8.04%), Sugar: 10.9g (12.11%), Cholesterol: 94.89mg (31.63%), Sodium: 438.68mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.86%), Vitamin K: 730.78µg (695.98%), Vitamin A: 13970.09IU (279.4%), Folate: 310.19µg (77.55%), Manganese: 1.5mg (75.14%), Vitamin B3: 13.53mg (67.67%), Vitamin C: 55.25mg (66.97%), Vitamin B6: 1.23mg (61.37%), Selenium: 41.22µg (58.89%), Potassium: 1405.26mg (40.15%), Magnesium: 157.94mg (39.49%), Vitamin E: 5.43mg (36.19%), Phosphorus: 343.58mg (34.36%), Iron: 5.54mg (30.8%), Fiber: 6.97g (27.87%), Vitamin B2: 0.46mg (27.29%), Vitamin B5: 1.87mg (18.68%), Vitamin B1: 0.27mg (18.19%), Calcium: 177.7mg (17.77%), Copper: 0.33mg (16.69%), Zinc: 1.7mg (11.32%), Vitamin B12: 0.24µg (4.06%), Vitamin D: 0.27µg (1.8%)