



Crispy Seasoned Chicken Cutlets

 Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chicken breast cutlets
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon paprika
- ☐ 1 oz ranch dressing mix
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cornmeal yellow

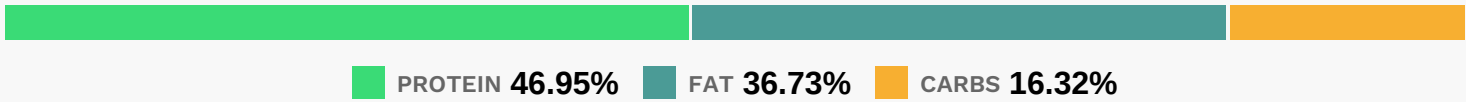
Equipment

☐ frying pan

Directions

- ☐ Sprinkle salt evenly over cutlets.
- ☐ Stir together cornmeal and next 3 ingredients in a shallow dish or pieplate. Dredge cutlets in cornmeal mixture, coating both sides.
- ☐ Cook cutlets, in batches, in hot oil in a large nonstick skillet over medium heat 3 minutes on each side or until golden brown and done.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:3.94, Inflammation Score:-5, Nutrition Score:12.796087109524%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 220.27kcal (11.01%), Fat: 8.71g (13.4%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.72g (2.81%), Sugar: 0.2g (0.22%), Cholesterol: 72.57mg (24.19%), Sodium: 543.66mg (23.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.09%), Vitamin B3: 12.19mg (60.95%), Selenium: 37.38µg (53.39%), Vitamin B6: 0.91mg (45.4%), Phosphorus: 257.81mg (25.78%), Vitamin B5: 1.69mg (16.86%), Potassium: 462.94mg (13.23%), Magnesium: 38.55mg (9.64%), Vitamin A: 464.99IU (9.3%), Vitamin E: 1.25mg (8.34%), Vitamin B2: 0.14mg (8.21%), Vitamin B1: 0.11mg (7.34%), Zinc: 0.91mg (6.1%), Iron: 0.92mg (5.11%), Manganese: 0.09mg (4.33%), Fiber: 0.98g (3.92%), Vitamin K: 4.11µg (3.91%), Vitamin B12: 0.23µg (3.78%), Copper: 0.06mg (2.79%), Folate: 10.65µg (2.66%), Vitamin C: 1.37mg (1.66%)