



Easy Chicken Cutlets with Apples

 Popular

READY IN



75 min.

SERVINGS



2

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 apples i use 2 granny smith apples cored peeled cut into 1/ wedges
- ☐ 0.3 cup brown sugar light
- ☐ 1 dash marsala wine

- ☐ 0.3 teaspoon salt or as needed
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cooking sherry
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 pinch sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ meat tenderizer

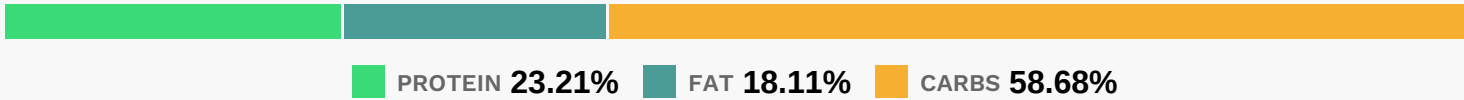
Directions

- ☐ Sprinkle chicken breasts with 1/4 teaspoon salt, or as needed, on both sides.
- ☐ Place onto a rack, cover, and refrigerate for 30 minutes.
- ☐ Remove from refrigerator, and cut in half lengthwise on a slight diagonal to make 4 equal-size pieces.
- ☐ Place the chicken pieces between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to make 4 cutlets about 1/4 inch thick.
- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Mix together flour, cornstarch, 1 teaspoon of salt, black pepper, and sugar in a shallow bowl.
- ☐ Place each cutlet into the flour mixture to coat; shake off excess flour. Melt 2 tablespoons of butter in a skillet over medium heat until foam disappears, and gently lay the coated cutlets into the butter. Cook until golden brown on both sides, about 3 minutes per side.
- ☐ Remove the chicken, and set aside on an oven-proof plate in the preheated oven to stay warm.
- ☐ Pour the sherry into the skillet and bring to a boil, scraping and dissolving all the brown flavor bits from the bottom of the skillet. Cook until the sherry is reduced to half its volume, about 5 minutes, and stir in the chicken broth; add the apple slices to the skillet. Cook, stirring occasionally, until the apples are soft and the sherry mixture is reduced by half. Stir in the

brown sugar, 1 tablespoon of butter, and the Marsala wine until the sugar is dissolved and the sauce is thick.

- ☐
- Return the chicken cutlets to the sauce, together with any juice from the plate, and turn to cover cutlets with sauce. Simmer about 2 minutes per side, and serve 2 cutlets per serving, topped with apple slices and sauce.

Nutrition Facts



Properties

Glycemic Index:137.05, Glycemic Load:10.06, Inflammation Score:-5, Nutrition Score:15.561304310094%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.49mg, Malvidin: 0.49mg, Malvidin: 0.49mg, Malvidin: 0.49mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 472.72kcal (23.64%), Fat: 9.14g (14.06%), Saturated Fat: 4.3g (26.9%), Carbohydrates: 66.6g (22.2%), Net Carbohydrates: 63.92g (23.24%), Sugar: 46.4g (51.56%), Cholesterol: 89.72mg (29.91%), Sodium: 2079.21mg (90.4%), Alcohol: 3.17g (100%), Alcohol %: 0.96% (100%), Protein: 26.34g (52.68%), Vitamin B3: 12.87mg (64.36%), Selenium: 41.24µg (58.92%), Vitamin B6: 0.92mg (46.02%), Phosphorus: 274.58mg (27.46%), Vitamin B5: 1.8mg (18.02%), Potassium: 628.06mg (17.94%), Vitamin B2: 0.27mg (15.85%), Manganese: 0.31mg (15.53%), Vitamin B1: 0.2mg (13.55%), Magnesium: 45.2mg (11.3%), Fiber: 2.69g (10.74%), Iron: 1.57mg (8.75%), Folate: 28.8µg (7.2%), Vitamin C: 5.54mg (6.72%), Zinc: 0.92mg (6.14%), Copper: 0.12mg (5.97%), Calcium: 55.63mg (5.56%), Vitamin A: 263.05IU (5.26%), Vitamin B12: 0.26µg (4.36%), Vitamin E: 0.6mg (4%), Vitamin K: 3.69µg (3.51%)