



Easy Schnitzel

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 teaspoons parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil

- ☐ 1.5 tablespoons parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 35
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place flour in a shallow bowl.
- ☐ Combine mustard and egg in a shallow dish.
- ☐ Combine breadcrumbs, cheese, parsley, chives, and garlic in a shallow dish. Dredge 1 chicken breast half in flour, turning to coat; shake off excess flour. Dip in egg mixture; dredge in breadcrumb mixture. Repeat procedure with remaining chicken, flour, egg mixture, and breadcrumb mixture.
- ☐ Heat oil in a large ovenproof nonstick skillet over medium-high heat.
- ☐ Add chicken; saut 2 1/2 minutes or until browned.
- ☐ Remove from heat. Turn chicken over; place pan in oven.
- ☐ Bake at 350 for 10 minutes or until chicken is done.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



 PROTEIN **52.31%**  FAT **30.46%**  CARBS **17.23%**

Properties

Glycemic Index:68.25, Glycemic Load:2.2, Inflammation Score:-4, Nutrition Score:21.133912915769%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 323.23kcal (16.16%), Fat: 10.6g (16.3%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.39g (4.5%), Sugar: 1.03g (1.15%), Cholesterol: 156.64mg (52.21%), Sodium: 572.1mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.94g (81.89%), Vitamin B3: 18.93mg (94.63%), Selenium: 66.03µg (94.33%), Vitamin B6: 1.33mg (66.53%), Phosphorus: 431.06mg (43.11%), Vitamin B5: 2.75mg (27.45%), Potassium: 696.55mg (19.9%), Vitamin B1: 0.29mg (19.39%), Vitamin B2: 0.31mg (18.41%), Magnesium: 57.42mg (14.36%), Manganese: 0.24mg (12.06%), Iron: 1.87mg (10.36%), Zinc: 1.48mg (9.89%), Folate: 35.29µg (8.82%), Vitamin B12: 0.52µg (8.69%), Calcium: 70.26mg (7.03%), Vitamin E: 1.01mg (6.7%), Vitamin K: 5.63µg (5.37%), Copper: 0.11mg (5.29%), Fiber: 1.09g (4.37%), Vitamin A: 165.23IU (3.3%), Vitamin C: 2.66mg (3.23%), Vitamin D: 0.43µg (2.86%)