



Italian Schnitzel Bites

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp to 5 chilies red
- ☐ 1 tbsp cornstarch
- ☐ 0.5 tsp basil dried
- ☐ 1 cup flour
- ☐ 1 clove garlic minced
- ☐ 1 cup salad dressing light italian
- ☐ 2 cups tomatoes warmed for dipping – before serving
- ☐ 0.5 tsp oregano dried

- ☐ 1.5 cups panko bread crumbs (or substitute regular breadcrumbs)
- ☐ 0.8 tsp salt
- ☐ 1.5 cups seltzer water
- ☐ 2 lbs chicken breast boneless skinless
- ☐ 8 servings vegetable oil for frying with a high smoke point (i prefer grapeseed)

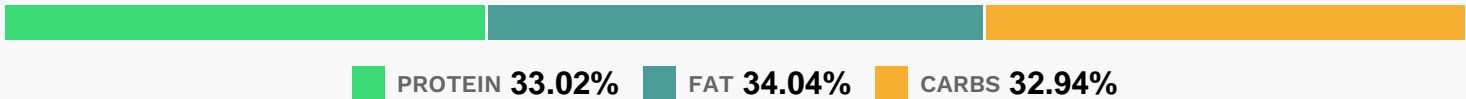
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Italian Schnitzel Bites
- ☐ Ingredients2 lbs. boneless skinless chicken breasts1 cup Italian dressing – light or lowfat is okay1 clove garlic, minced1 tsp red chili pepper flakes1 cup flour1 tbsp cornstarch1 1/2 cups seltzer water1 1/2 cups panko breadcrumbs (or substitute regular breadcrumbs)3/4 tsp salt1/2 tsp dried basil1/2 tsp dried oregano
- ☐ Vegetable oil with a high smoke point for frying (I prefer grapeseed)2 cups marinara sauce for dipping – warmed before serving
- ☐ You will also need
- ☐ Glass, ceramic bowl or plastic zipper bag for marinating, medium and small mixing bowls, plate, large skillet, wire cooling rack (optional)
- ☐ Servings: 8
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:9.73, Inflammation Score:-6, Nutrition Score:18.811304061309%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 345.66kcal (17.28%), Fat: 12.88g (19.82%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 26.09g (9.49%), Sugar: 6.14g (6.82%), Cholesterol: 72.57mg (24.19%), Sodium: 1023.86mg (44.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.11g (56.23%), Vitamin B3: 14.16mg (70.81%), Selenium: 45.47µg (64.95%), Vitamin B6: 0.96mg (47.94%), Phosphorus: 295.9mg (29.59%), Vitamin K: 26.62µg (25.36%), Vitamin B1: 0.33mg (21.74%), Vitamin B5: 1.94mg (19.41%), Potassium: 673.13mg (19.23%), Vitamin B2: 0.28mg (16.37%), Manganese: 0.32mg (16.24%), Iron: 2.5mg (13.87%), Vitamin E: 2.02mg (13.48%), Folate: 51.37µg (12.84%), Magnesium: 50.06mg (12.51%), Copper: 0.17mg (8.28%), Vitamin C: 6.78mg (8.22%), Fiber: 1.95g (7.82%), Zinc: 1.15mg (7.64%), Vitamin A: 318.36IU (6.37%), Calcium: 47.89mg (4.79%), Vitamin B12: 0.27µg (4.44%)