



Matzo-Crusted Chicken Cutlets

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs
- 3 cups matzo unsalted crushed
- 2 teaspoons coarse salt
- 0.3 teaspoon pepper freshly ground
- 1 serving safflower oil for frying
- 16 ounces chicken cutlets boneless skinless thick
- 4 lemon wedges for serving

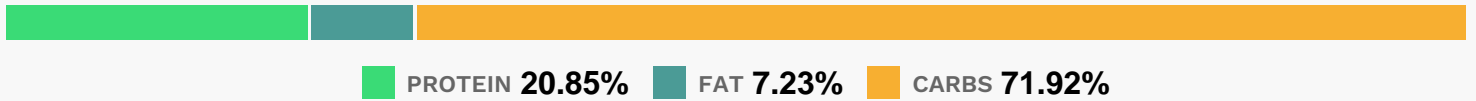
Equipment

- frying pan
- paper towels
- kitchen thermometer

Directions

- Beat egg in a shallow dish.
- Mix crushed matzos, salt, and pepper in another shallow dish.
- Heat 1/2 inch of oil in a large cast-iron skillet until it registers 375 degrees on a deep-fry thermometer.
- Working with 1 at a time, dip cutlets into egg, then into matzo, pressing to adhere and coating both sides.
- Place 2 cutlets in skillet, and cook until golden brown, about 2 minutes per side.
- Transfer to paper towels. Repeat with remaining 2 cutlets.
- Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:27.383478234644%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 854.02kcal (42.7%), Fat: 6.72g (10.34%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 150.37g (50.12%), Net Carbohydrates: 144.51g (52.55%), Sugar: 1.01g (1.12%), Cholesterol: 119.07mg (39.69%), Sodium: 1312.42mg (57.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.6g (87.21%), Selenium: 105.68µg (150.97%), Vitamin B3: 18.76mg (93.79%), Manganese: 1.2mg (59.91%), Vitamin B6: 1.09mg (54.47%), Vitamin B1: 0.77mg (51.44%), Phosphorus: 423.89mg (42.39%), Vitamin B2: 0.69mg (40.63%), Iron: 6.38mg (35.42%), Vitamin B5:

2.63mg (26.3%), Fiber: 5.86g (23.44%), Magnesium: 77.03mg (19.26%), Potassium: 662.3mg (18.92%), Zinc: 2.04mg (13.61%), Vitamin C: 10.9mg (13.21%), Folate: 42.58µg (10.64%), Copper: 0.16mg (7.77%), Vitamin B12: 0.34µg (5.63%), Calcium: 41.69mg (4.17%), Vitamin E: 0.5mg (3.32%), Vitamin D: 0.36µg (2.42%), Vitamin A: 106.16IU (2.12%)