



Our Favorite Chicken Milanese

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup parsley fresh finely chopped
- 2 cloves garlic minced
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup oil divided
- 25 ritz crackers crushed finely
- 1.5 lb chicken breasts boneless skinless

Equipment

- frying pan

Directions

- Mix mayo and garlic in pie plate; mix cracker crumbs and parsley in second pie plate.
- Dip chicken in mayo mixture, then in crumb mixture, turning to evenly coat both sides of each breast with each ingredient.
- Heat 2 Tbsp. oil in medium nonstick skillet.
- Add chicken, in batches; cook 4 min. or until done and evenly browned, turning after 2 min. and adding the remaining oil as needed.

Nutrition Facts

 **PROTEIN 28.4%**  **FAT 62.04%**  **CARBS 9.56%**

Properties

Glycemic Index:18.67, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:16.408695539703%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 360.29kcal (18.01%), Fat: 24.5g (37.7%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 8.11g (2.95%), Sugar: 1.12g (1.24%), Cholesterol: 77.8mg (25.93%), Sodium: 322.38mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.47%), Vitamin K: 74.43µg (70.89%), Vitamin B3: 12.48mg (62.39%), Selenium: 37.29µg (53.28%), Vitamin B6: 0.87mg (43.62%), Phosphorus: 277.85mg (27.79%), Vitamin E: 2.71mg (18.09%), Vitamin B5: 1.7mg (17%), Potassium: 454.8mg (12.99%), Vitamin B2: 0.15mg (8.97%), Vitamin B1: 0.13mg (8.88%), Magnesium: 33.48mg (8.37%), Iron: 1.18mg (6.54%), Vitamin C: 5mg (6.06%), Manganese: 0.11mg (5.31%), Zinc: 0.79mg (5.27%), Vitamin A: 252.8IU (5.06%), Folate: 17.99µg (4.5%), Vitamin B12: 0.24µg (4.03%), Calcium: 31.18mg (3.12%), Copper: 0.06mg (2.76%), Fiber: 0.39g (1.56%)