



Oven-Fried Chicken Milanese with Tomato-Onion Salad

READY IN



70 min.

SERVINGS



6

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup parsley leaves fresh finely chopped
- ☐ 2.5 cups grape sweet halved
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 2 teaspoons lemon zest

- ☐ 0.3 cup olive oil
- ☐ 2 cups panko breadcrumbs
- ☐ 0.7 cup parmesan finely grated
- ☐ 0.5 medium onion paper thin red halved lengthwise sliced
- ☐ 4 to 5 bone-in
- ☐ 5 to 6 bone-in

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

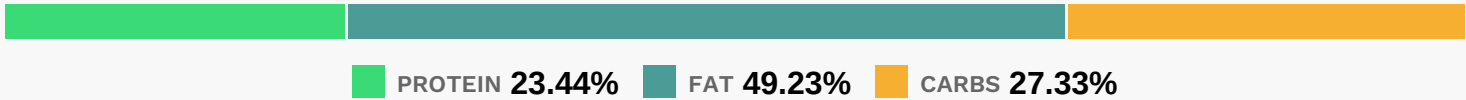
- ☐ Heat the oven to 425F and arrange rack in the upper third. Set a rack on a foil lined baking sheet; set aside.
- ☐ Combine flour, 1 teaspoon of the salt, and 3/4 teaspoon of the pepper in a shallow bowl, mix until well combined; set aside.
- ☐ Combine Panko, 1/3 cup of the parsley, 3 tablespoons of the olive oil, 1 1/2 teaspoons of the salt, and all the lemon zest in a separate shallow bowl, and toss until evenly combined; and set aside.
- ☐ Whisk together eggs and cheese in a shallow bowl until evenly combined; set aside.
- ☐ To coat chicken, dredge a piece in the flour mixture and shake off excess. Then dip into egg mixture, let excess drip off, and finally roll in the breadcrumbs, pressing to adhere as necessary.
- ☐ Place chicken piece on baking sheet and repeat with remaining chicken.
- ☐ Bake until coating is golden and crispy, juices of chicken run clear when poked, and internal temperature is 160degreesF, about 40 to 45 minutes. Meanwhile, combine remaining 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, remaining 1/3 cup of the parsley, 1 tablespoon of the olive oil, all the red onion, all the tomatoes, and the lemon juice in a non-

reactive bowl and toss to combine.

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Serve chicken topped with a bit of the tomato mixture.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:16.87, Inflammation Score:-7, Nutrition Score:28.758260664733%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 654.56kcal (32.73%), Fat: 35.66g (54.86%), Saturated Fat: 9.62g (60.09%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 41.97g (15.26%), Sugar: 11.89g (13.21%), Cholesterol: 294.43mg (98.14%), Sodium: 1676.04mg (72.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.38%), Vitamin K: 129.38µg (123.21%), Selenium: 53.87µg (76.95%), Vitamin B3: 9.4mg (46.98%), Phosphorus: 458.98mg (45.9%), Vitamin B2: 0.67mg (39.44%), Vitamin B1: 0.54mg (36.01%), Vitamin B6: 0.66mg (32.88%), Folate: 98.32µg (24.58%), Iron: 4.42mg (24.53%), Vitamin B5: 2.39mg (23.91%), Zinc: 3.57mg (23.83%), Manganese: 0.48mg (23.79%), Vitamin B12: 1.4µg (23.39%), Calcium: 228.03mg (22.8%), Vitamin A: 1005.33IU (20.11%), Vitamin C: 14.35mg (17.4%), Potassium: 605.81mg (17.31%), Vitamin E: 2.25mg (14.99%), Magnesium: 59.66mg (14.91%), Copper: 0.29mg (14.58%), Fiber: 2.57g (10.3%), Vitamin D: 1.03µg (6.85%)