



Pan-Fried Chicken Cutlets with Cool Fennel Salad

READY IN



30 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bread crumbs
- 0.8 cup canola oil
- 4 stalks celery diced
- 1 pint cherry tomatoes
- 1 pound chicken cutlets
- 2 eggs beaten
- 2 fennel bulbs halved thinly sliced
- 0.8 cup flour all-purpose

- 4 servings kosher salt and pepper
- 3 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 0.8 ounce parmesan shaved

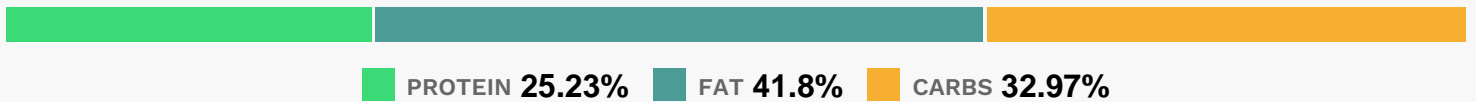
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl, combine the fennel and fronds, celery, lemon juice, olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the Parmesan. Quarter the tomatoes, add them to the bowl, and set aside.
- Heat the canola oil in a large pan over medium-high heat. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Working in batches, dredge the chicken in the flour, then in the eggs (letting any excess drip off), and finally in the bread crumbs, pressing gently to help them adhere.
- Transfer the chicken to the pan and cook until golden brown, about 2 to 3 minutes per side. As each cutlet is done, transfer it to a plate lined with a paper towel. Divide the chicken among individual plates and serve with the fennel salad.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:15.37, Inflammation Score:-8, Nutrition Score:35.750869750977%

Flavonoids

Eriodictyol: 1.81mg, Eriodictyol: 1.81mg, Eriodictyol: 1.81mg, Eriodictyol: 1.81mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 579.58kcal (28.98%), Fat: 27.06g (41.64%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 41.37g (15.04%), Sugar: 9.81g (10.9%), Cholesterol: 158.03mg (52.68%), Sodium: 696.6mg (30.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Vitamin K: 102.61µg (97.72%), Selenium: 58.87µg (84.1%), Vitamin B3: 16.1mg (80.51%), Vitamin C: 47.97mg (58.14%), Vitamin B6: 1.11mg (55.48%), Phosphorus: 479.43mg (47.94%), Potassium: 1377.58mg (39.36%), Manganese: 0.76mg (38.05%), Folate: 143.42µg (35.86%), Vitamin B1: 0.53mg (35.24%), Vitamin E: 4.94mg (32.91%), Vitamin B2: 0.52mg (30.41%), Vitamin B5: 2.73mg (27.29%), Fiber: 6.67g (26.69%), Iron: 4.72mg (26.23%), Vitamin A: 1109.85IU (22.2%), Magnesium: 83.94mg (20.99%), Calcium: 208.74mg (20.87%), Copper: 0.32mg (15.77%), Zinc: 2mg (13.35%), Vitamin B12: 0.56µg (9.29%), Vitamin D: 0.58µg (3.87%)