



Pan-Roasted Chicken Cutlets with Maple-Mustard Dill Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup dijon mustard
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 6 tablespoons maple syrup
- ☐ 1 teaspoon orange rind grated
- ☐ 2 tablespoons onion red chopped
- ☐ 0.3 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon water

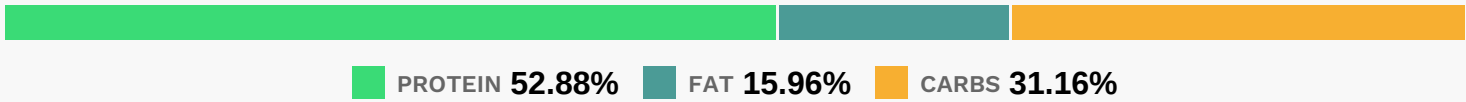
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 4 minutes on each side or until done.
- ☐ Remove chicken from pan.
- ☐ Reduce heat to medium.
- ☐ Add onion to pan; cook 1 minute.
- ☐ Add syrup and remaining ingredients; cook 1 minute or until thoroughly heated, stirring frequently.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:7.55, Inflammation Score:-3, Nutrition Score:20.203043595604%

Flavonoids

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 287.21kcal (14.36%), Fat: 4.94g (7.6%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 20.87g (7.59%), Sugar: 18.41g (20.46%), Cholesterol: 108.86mg (36.29%), Sodium: 516.99mg (22.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.7%), Vitamin B3: 17.86mg (89.32%), Selenium: 59.76µg (85.37%), Vitamin B6: 1.29mg (64.6%), Manganese: 0.8mg (40.17%), Phosphorus: 375.78mg (37.58%), Vitamin B2: 0.56mg (33.15%), Vitamin B5: 2.48mg (24.81%), Potassium: 730.44mg (20.87%), Magnesium: 58.87mg (14.72%), Vitamin B1: 0.16mg (10.74%), Zinc: 1.31mg (8.72%), Vitamin B12: 0.34µg (5.67%), Calcium: 53.77mg (5.38%), Iron: 0.94mg (5.22%), Vitamin C: 3.17mg (3.85%), Fiber: 0.84g (3.36%), Copper: 0.06mg (3.11%), Vitamin E: 0.38mg (2.54%), Folate: 9.05µg (2.26%), Vitamin A: 66.89IU (1.34%), Vitamin D: 0.17µg (1.13%)