



Paprika Chicken Schnitzel with Fried Eggs (Holstein)

READY IN



35 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 fillet anchovy
- 1 tablespoon butter
- 4 tablespoons capers
- 4 pieces chicken breast
- 6 eggs divided
- 1 handful flat-leaf parsley chopped
- 4 servings flour
- 1 lemon zest divided juiced for serving

- 4 tablespoons olive oil extra-virgin divided
- 1 jar roasted peppers red thinly sliced
- 1 heart romaine lettuce shredded
- 4 servings salt and pepper black freshly ground
- 2 cups seasoned bread crumbs
- 2 tablespoons paprika sweet

Equipment

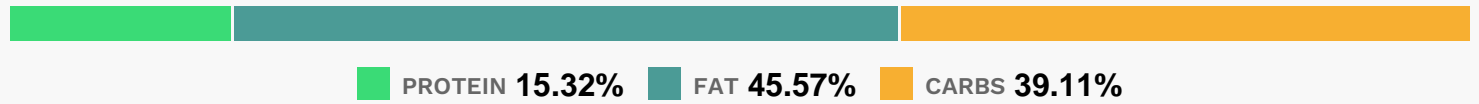
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 200 degrees F.
- Place a baking sheet in oven to keep cooked cutlets crisp.
- Butterfly the chicken breast pieces across the breast but not all the way through, open the meat up and set into a plastic food storage bag or 2 pieces waxed paper. Gently pound out each piece into very thin, large cutlets. Pile cutlets on a plate and season with salt and pepper.
- Arrange a station for breading: flour, 2 beaten eggs, bread crumbs mixed with paprika, parsley and the zest of a lemon.
- Heat just enough oil to coat the bottom of a large nonstick skillet over medium to medium-high heat.
- Bread 2 cutlets in flour, then egg, then bread crumb mixture and cook 2 to 3 minutes on each side, transfer to oven, add a bit more oil, if necessary, and repeat. Keep the cooked cutlets hot in the warm oven. Wipe pan clean, add 1 tablespoon extra-virgin olive oil heat then add roasted red peppers, season with salt and pepper and wilt them 4 to 5 minutes.
- While cutlets are in oven and peppers are cooking up, heat 1 tablespoon of butter in a medium skillet over medium heat.
- Add 4 eggs and fry to desired doneness, season with salt and pepper.

- Arrange some lettuce on each dinner plate, top with 1 cutlet, and some of the lemon juice over top. Arrange some roasted red pepper strips, 2 anchovy fillets, 1 tablespoon capers and afried egg, sunny-side up or over easy on top of the cutlets.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:30.914782524109%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 10.52mg, Kaempferol: 10.52mg, Kaempferol: 10.52mg, Kaempferol: 10.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg

Nutrients (% of daily need)

Calories: 541.47kcal (27.07%), Fat: 27.7g (42.62%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 47.48g (17.27%), Sugar: 4.26g (4.73%), Cholesterol: 259.08mg (86.36%), Sodium: 2316.52mg (100.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.95g (41.9%), Vitamin A: 3436.13IU (68.72%), Vitamin K: 65.02µg (61.92%), Selenium: 41.52µg (59.31%), Vitamin C: 45.08mg (54.64%), Vitamin B1: 0.71mg (47.22%), Manganese: 0.89mg (44.44%), Vitamin B2: 0.7mg (41%), Folate: 145.42µg (36.35%), Iron: 6.5mg (36.13%), Vitamin B3: 6.33mg (31.65%), Phosphorus: 293.65mg (29.36%), Vitamin E: 4.11mg (27.39%), Fiber: 6g (24.02%), Vitamin B6: 0.47mg (23.71%), Calcium: 212.28mg (21.23%), Copper: 0.39mg (19.74%), Vitamin B5: 1.63mg (16.31%), Magnesium: 60.88mg (15.22%), Zinc: 2.27mg (15.14%), Potassium: 506.68mg (14.48%), Vitamin B12: 0.86µg (14.25%), Vitamin D: 1.32µg (8.81%)