



Parmesan-Almond Chicken Cutlets

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup ground almond meal finely
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 2 pounds chicken cutlets
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil divided

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

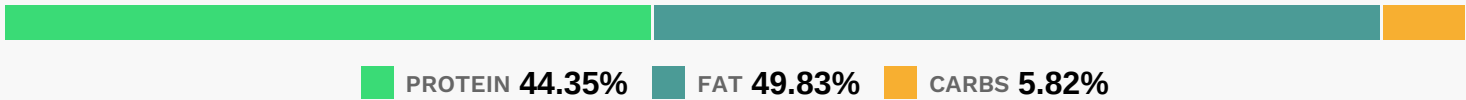
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a shallow bowl.
- ☐ Place 1/2 cup water in another shallow bowl. Dip chicken in water, shaking off excess; dredge in almond meal mixture.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan.
- ☐ Place 4 cutlets in hot oil; reduce heat to medium, and cook 5 minutes. Coat cutlets with cooking spray. Turn cutlets over; cook 3 minutes or until done.
- ☐ Remove cutlets from pan, and keep warm. Repeat procedure with remaining oil and chicken.
- ☐ Increase heat to medium-high. Stir in broth and lemon juice, scraping pan to loosen browned bits.
- ☐ Add capers, and cook 1 to 2 minutes or until sauce is syrupy and reduced by half.
- ☐ Pour sauce over chicken cutlets; sprinkle with parsley.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:26.805217214253%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg 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: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 513.66kcal (25.68%), Fat: 28.66g (44.1%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.37g (1.52%), Cholesterol: 149.97mg (49.99%), Sodium: 691.61mg (30.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.39g (114.78%), Vitamin B3: 23.76mg (118.81%), Selenium: 74.25µg (106.06%), Vitamin B6: 1.72mg (85.77%), Vitamin K: 67.68µg (64.46%), Phosphorus: 529.33mg (52.93%), Vitamin B5: 3.3mg (32.98%), Potassium: 943.05mg (26.94%), Magnesium: 66.68mg (16.67%), Calcium: 163.66mg (16.37%), Vitamin B2: 0.26mg (15.39%), Vitamin C: 12.23mg (14.83%), Fiber: 3.32g (13.27%), Iron: 2.33mg (12.94%), Zinc: 1.58mg (10.5%), Vitamin B1: 0.15mg (10.32%), Vitamin E: 1.54mg (10.25%), Vitamin B12: 0.54µg (8.98%), Vitamin A: 446.85IU (8.94%), Copper: 0.09mg (4.7%), Folate: 18.48µg (4.62%), Manganese: 0.08mg (3.91%), Vitamin D: 0.26µg (1.75%)