



Parmesan Chicken Cutlets

READY IN



45 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small chicken cutlets boneless skinless ()
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 4 servings pepper freshly ground
- ☐ 1 optional: lemon halved
- ☐ 1 tablespoon ground mustard
- ☐ 8 tablespoons olive oil divided
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parmesan grated

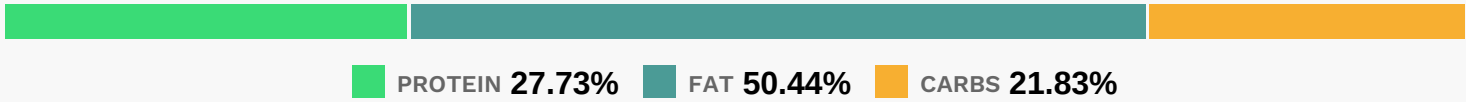
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place flour in a shallow bowl. Beat eggs in a second shallow bowl.
- ☐ Combine panko, Parmesan, and mustard powder in a third shallow bowl and season mixture with salt and pepper.
- ☐ Season chicken with salt and pepper, then dredge in flour, shaking off any excess.
- ☐ Transfer to bowl with beaten egg and turn to coat. Lift from bowl, allowing excess to drip back into bowl. Coat with panko mixture, pressing to adhere. DO AHEAD: Chicken can be breaded 3 months in advance.
- ☐ Place between pieces of freezer paper or waxed paper and freeze in resealable freezer bags. Thaw before continuing.
- ☐ Heat 6 tablespoons oil in a large heavy skillet or a cast-iron skillet over medium-high heat. Working in 2 batches, cook cutlets, adding remaining 2 tablespoons oil to pan between batches, until golden brown and cooked through, about 4 minutes per side.
- ☐ Transfer cutlets to a paper towel-lined plate and season with salt.
- ☐ Serve with lemon.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:13.45, Inflammation Score:-6, Nutrition Score:29.115652229475%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg,

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 692.73kcal (34.64%), Fat: 38.54g (59.29%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 34.89g (12.69%), Sugar: 2.4g (2.66%), Cholesterol: 206.05mg (68.68%), Sodium: 499.34mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.66g (95.33%), Selenium: 80.85µg (115.5%), Vitamin B3: 20.75mg (103.77%), Vitamin B6: 1.39mg (69.39%), Phosphorus: 531.28mg (53.13%), Vitamin B1: 0.55mg (36.52%), Vitamin E: 4.79mg (31.96%), Vitamin B5: 3.13mg (31.28%), Vitamin B2: 0.52mg (30.68%), Manganese: 0.46mg (23.2%), Folate: 91.78µg (22.94%), Potassium: 790.21mg (22.58%), Iron: 3.78mg (21.01%), Vitamin C: 16.47mg (19.97%), Magnesium: 73.59mg (18.4%), Vitamin K: 19.19µg (18.28%), Calcium: 153.59mg (15.36%), Zinc: 2.09mg (13.96%), Vitamin B12: 0.72µg (11.94%), Fiber: 2.64g (10.56%), Copper: 0.18mg (8.98%), Vitamin A: 241.84IU (4.84%), Vitamin D: 0.7µg (4.68%)