



## Parmesan Chicken Cutlets

🤍 Popular

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.

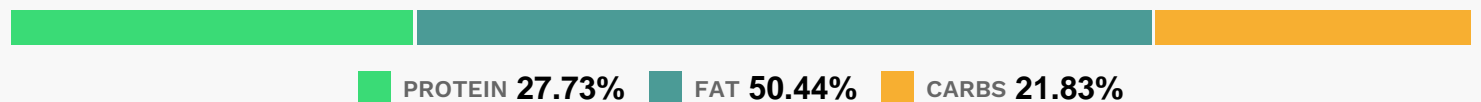
Place between pieces of freezer paper or waxed paper and freeze in resealable freezer bags. Thaw before continuing.

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: 0g (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%)