



Parmesan Chicken with Arugula Salad and Tomato Vinaigrette

READY IN



27 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces lightly baby arugula packed
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cucumber with a vegetable peeler into long ribbons peeled
- ☐ 2 large eggs
- ☐ 1 garlic clove chopped
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 ounces artisan grain bread whole

- ☐ 0.5 cup olive oil divided
- ☐ 2 ounces parmesan cheese grated
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 small tomatoes cut into pieces

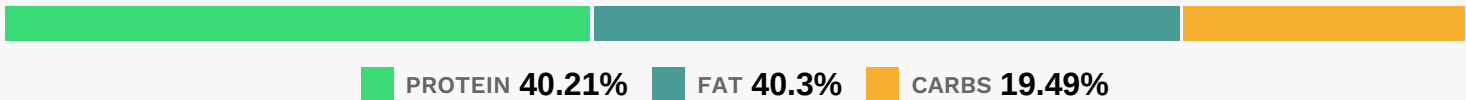
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Place bread in a food processor or blender, and pulse until fine crumbs form (about 1 1/2 cups). Stir in cheese, 1/2 teaspoon kosher salt, and 1/2 teaspoon black pepper.
- ☐ Transfer mixture to a shallow bowl.
- ☐ Whisk eggs with 1 tablespoon water in a second shallow bowl.
- ☐ Combine tomatoes, garlic, lemon juice, and 1/4 cup olive oil in food processor or blender; pulse until finely chopped. Season vinaigrette to taste with kosher salt and black pepper. Set aside.
- ☐ Slice chicken breasts in half crosswise; pound to 1/4-inch thickness. Dip chicken into egg, allowing excess to drip off, and dredge in breadcrumb mixture.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium heat; add 4 chicken breast halves, and cook 3 to 4 minutes on each side or until golden brown and cooked through. Repeat with remaining 2 tablespoons oil and remaining chicken.
- ☐ Toss arugula and cucumber with reserved vinaigrette in a large bowl.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:7.98, Inflammation Score:-7, Nutrition Score:23.75304344426%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 358.82kcal (17.94%), Fat: 15.89g (24.45%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 14.75g (5.36%), Sugar: 3.04g (3.37%), Cholesterol: 177.65mg (59.22%), Sodium: 742.49mg (32.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.35%), Selenium: 56.27µg (80.39%), Vitamin B3: 13.4mg (67%), Vitamin B6: 1.02mg (51.07%), Phosphorus: 457.04mg (45.7%), Manganese: 0.77mg (38.28%), Vitamin K: 25.23µg (24.02%), Vitamin B5: 2.35mg (23.52%), Calcium: 220.85mg (22.08%), Potassium: 722.12mg (20.63%), Vitamin B2: 0.35mg (20.37%), Vitamin A: 1015.16IU (20.3%), Magnesium: 71.68mg (17.92%), Vitamin C: 12.87mg (15.59%), Zinc: 2.25mg (15%), Vitamin B1: 0.22mg (14.91%), Folate: 51.18µg (12.79%), Vitamin E: 1.8mg (12%), Iron: 2.04mg (11.31%), Vitamin B12: 0.64µg (10.66%), Fiber: 2.54g (10.17%), Copper: 0.16mg (8.05%), Vitamin D: 0.68µg (4.56%)