



# Pretzel-Crusted Chicken with Cheddar Cheese Sauce

READY IN



70 min.

SERVINGS



6

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups broccoli chopped
- 2 tablespoons butter
- 3 cups chicken broth
- 1.5 pounds chicken cutlets
- 1 tablespoon dijon mustard
- 2 large eggs
- 2 tablespoons flour all-purpose
- 2 tablespoons thyme leaves fresh minced

- 2 cups milk
- 0.3 cup olive oil
- 0.5 cup onion finely chopped
- 1.5 cups pretzels crushed
- 1.5 cups rice long-grain uncooked
- 1.5 cups cheddar shredded

## Equipment

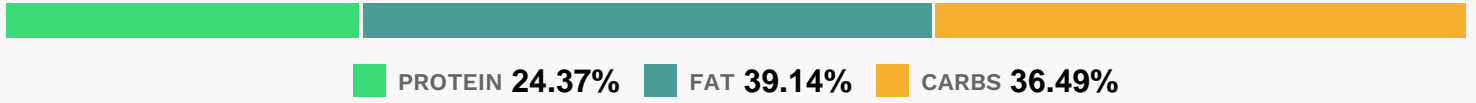
- frying pan
- sauce pan
- whisk

## Directions

- In a shallow dish, whisk together the eggs and mustard until smooth. In a separate shallow dish, combine the pretzels and thyme.
- Dip the chicken in the egg mixture, letting the excess drip off. Dredge in the pretzel mixture to coat.
- In a large nonstick skillet, heat 2 tablespoons of the olive oil over medium heat.
- Add half of the chicken and cook until cooked through, 5 to 6 minutes per side.
- Remove the chicken from the skillet and keep warm. Repeat the procedure with the remaining 2 tablespoons oil and chicken. Wipe the skillet clean.
- Melt the butter in the skillet over medium heat.
- Add the flour and cook, whisking constantly, for 2 minutes. Slowly add the milk, whisking until smooth. Cook, whisking constantly, until thickened and bubbly, 6 to 8 minutes.
- Add the cheese and stir until the cheese melts and the sauce is smooth.
- Spoon the sauce over the chicken.
- Serve with Broccoli and Rice Pilaf.
- In a medium saucepan, melt the butter over medium heat.
- Add onions and cook, stirring frequently, for 3 minutes.
- Add the broccoli and cook for another 3 minutes.

- Add the rice and cook, stirring constantly, for 1 minute. Stir in the broth. Increase the heat to medium-high and bring the mixture to a boil. Cover, reduce the heat and simmer until the rice is tender, 15 to 20 minutes.

## Nutrition Facts



### Properties

Glycemic Index:78.36, Glycemic Load:39.01, Inflammation Score:-10, Nutrition Score:33.224782404692%

### Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

### Nutrients (% of daily need)

Calories: 716.12kcal (35.81%), Fat: 30.98g (47.66%), Saturated Fat: 12g (74.97%), Carbohydrates: 64.96g (21.65%), Net Carbohydrates: 61.81g (22.48%), Sugar: 6.43g (7.14%), Cholesterol: 184.97mg (61.66%), Sodium: 1130.11mg (49.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.4g (86.79%), Selenium: 62.19µg (88.84%), Vitamin B3: 14.49mg (72.47%), Phosphorus: 608.06mg (60.81%), Vitamin B6: 1.14mg (57.08%), Vitamin C: 45.76mg (55.47%), Vitamin K: 52.53µg (50.03%), Manganese: 0.95mg (47.44%), Vitamin B2: 0.67mg (39.2%), Calcium: 374.18mg (37.42%), Vitamin B5: 3.14mg (31.4%), Potassium: 885.61mg (25.3%), Folate: 94.4µg (23.6%), Vitamin B1: 0.34mg (22.53%), Zinc: 3.32mg (22.14%), Vitamin A: 1044.83IU (20.9%), Magnesium: 83.56mg (20.89%), Vitamin B12: 1.15µg (19.09%), Vitamin E: 2.6mg (17.3%), Iron: 3.09mg (17.16%), Fiber: 3.15g (12.61%), Copper: 0.25mg (12.42%), Vitamin D: 1.51µg (10.07%)