



Quick Crispy Chicken Cutlets

READY IN



90 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado ripe sliced into wedges
- ☐ 0.7 cup canola oil
- ☐ 2 tablespoons dijon mustard
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 cup flour
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings lemon wedges for serving
- ☐ 1 teaspoon lemon zest
- ☐ 2 cups panko breadcrumbs

- ☐ 0.3 cup parmesan finely grated
- ☐ 36 ounce chicken breasts boneless skinless

Equipment

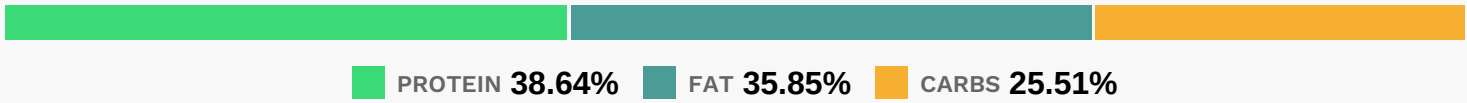
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ casserole dish
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Lay the chicken out on a cutting board. Hold your knife parallel to the cutting board and slice the chicken breasts in half so one breast is now two cutlets.
- ☐ Lay the chicken between two sheets of plastic wrap and pound out with a meat mallet to 1/4-inch thickness.
- ☐ Sprinkle them on both sides with salt and pepper.
- ☐ Set out three casserole dishes and add the flour to the first.
- ☐ Whisk together the mustard and eggs in the second.
- ☐ Mix together the panko, Parmesan, lemon zest and some salt and pepper in the third. Dredge each cutlet first through the flour, then in the egg mixture and finally in the panko mixture.
- ☐ Put the chicken pieces on a clean baking sheet and refrigerate for 1 hour.
- ☐ Preheat the oven to 250 degrees F.
- ☐ Heat the oil in a large nonstick skillet. Once hot, add the cutlets, in batches, and cook for 3 minutes on each side.
- ☐ Remove to paper towels to drain and season again with salt.

- ☐ Put the chicken pieces on a clean baking sheet and place in the warm oven while you cook the second batch.
- ☐ Serve the cutlets with avocado and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:27.04608691257%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 476.75kcal (23.84%), Fat: 18.72g (28.8%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 26.08g (9.48%), Sugar: 1.72g (1.91%), Cholesterol: 174.64mg (58.21%), Sodium: 514.1mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.39g (90.78%), Selenium: 72.98µg (104.26%), Vitamin B3: 20.63mg (103.16%), Vitamin B6: 1.43mg (71.49%), Phosphorus: 501.81mg (50.18%), Vitamin B5: 3.37mg (33.68%), Vitamin B1: 0.47mg (31.09%), Vitamin B2: 0.47mg (27.65%), Potassium: 886.61mg (25.33%), Folate: 92.68µg (23.17%), Manganese: 0.4mg (20.16%), Magnesium: 73.12mg (18.28%), Iron: 2.94mg (16.33%), Fiber: 3.87g (15.48%), Vitamin E: 2.12mg (14.14%), Zinc: 2mg (13.35%), Calcium: 130.88mg (13.09%), Vitamin K: 12.67µg (12.07%), Vitamin B12: 0.63µg (10.42%), Copper: 0.2mg (10.13%), Vitamin C: 6.37mg (7.72%), Vitamin A: 237.81IU (4.76%), Vitamin D: 0.53µg (3.54%)