



Sauteéd Chicken Cutlets with Asparagus, Spring Onions, and Parsley-Tarragon Gremolata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus cut into 3-inch pieces, stems cut into 1/2-inch pieces
- ☐ 1 tablespoon butter
- ☐ 12 chicken cutlets ()
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 2 tablespoons cup heavy whipping cream

- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.8 cup chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided ()
- ☐ 2 teaspoons orange zest finely grated
- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 0.3 teaspoon saffron threads (scant)
- ☐ 1 tablespoon shallots minced
- ☐ 0.8 pound onion dark cut into 1/4-inch-thick slices, pale green parts cut into 1/2-inchthick slices (scant 2 cups) (green parts discarded)

Equipment

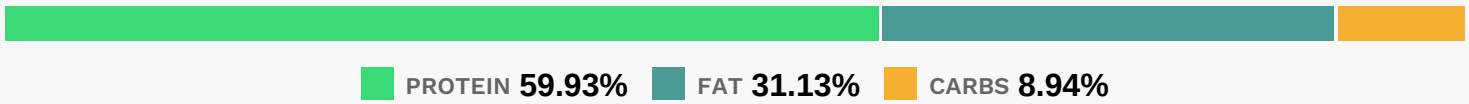
- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Mix first 5 ingredients in small bowl;cover gremolata and set aside.
- ☐ Heat heavylarge skillet over medium-high heat.
- ☐ Addsaffron and stir until slightly darker, about30 seconds.
- ☐ Transfer to another smallbowl; cool and crumble saffron. DO AHEAD: Gremolata and saffron can be made 2 hoursahead.
- ☐ Let stand at room temperature.
- ☐ Sprinkle chicken lightly with coarsesalt and pepper.
- ☐ Heat 1 tablespoon oil inheavy large skillet over medium-high heat.Working in batches and adding more oil asneeded, cook chicken until lightly brownedand just cooked through, about 2 minutesper side. Arrange chicken on platter; tentwith foil.
- ☐ Add 1 tablespoon oil and butter to sameskillet.
- ☐ Add white and green parts of onionsand sauté until beginning to soften, about4 minutes.
- ☐ Add asparagus.

- ☐ Sprinkle saffron over vegetables.
- ☐ Sprinkle with coarse salt and pepper and sauté 1 minute.
- ☐ Add broth, reduce heat to medium, and simmer uncovered until vegetables are tender and broth reduces and thickens to glaze, about 5 minutes. Stir in crème fraîche and gremolata. Season with salt and pepper. Using slotted spoon, transfer vegetables to platter, arranging around chicken.
- ☐ Drizzle sauce over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:37.795217628064%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 9.3mg, Isorhamnetin: 9.3mg, Isorhamnetin: 9.3mg, Isorhamnetin: 9.3mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 27.37mg, Quercetin: 27.37mg, Quercetin: 27.37mg, Quercetin: 27.37mg

Nutrients (% of daily need)

Calories: 518.94kcal (25.95%), Fat: 17.65g (27.15%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 7.76g (2.82%), Sugar: 4.88g (5.42%), Cholesterol: 228.27mg (76.09%), Sodium: 620.38mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.45g (152.89%), Vitamin B3: 37.19mg (185.96%), Selenium: 111.95µg (159.92%), Vitamin B6: 2.76mg (138.01%), Vitamin K: 92.23µg (87.83%), Phosphorus: 807.99mg (80.8%), Vitamin B5: 5.26mg (52.59%), Potassium: 1657.01mg (47.34%), Vitamin B2: 0.55mg (32.55%), Magnesium: 116.47mg (29.12%), Vitamin B1: 0.41mg (27.6%), Vitamin A: 1354.81IU (27.1%), Iron: 4.46mg (24.77%), Vitamin C: 19.82mg (24.03%), Folate: 91.4µg (22.85%), Manganese: 0.41mg (20.34%), Zinc: 2.81mg (18.71%), Vitamin E: 2.73mg (18.22%), Copper: 0.36mg (17.89%), Fiber: 3.66g (14.62%), Vitamin B12: 0.72µg (12.02%), Calcium: 81.12mg (8.11%), Vitamin D: 0.42µg (2.8%)