



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

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



518 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

- 0.8 cup chicken broth
- 2 tablespoons olive oil extra virgin extra-virgin divided ()
- 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 saffronover vegetables.
- Sprinkle with coarsesalt 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

 **PROTEIN 60.02%**  **FAT 31.17%**  **CARBS 8.81%**

Properties

Glycemic Index: 51.83, Glycemic Load: 2.26, Inflammation Score: -9, Nutrition Score: 37.694782806479%

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: 518.22kcal (25.91%), Fat: 17.65g (27.15%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 7.65g (2.78%), Sugar: 4.87g (5.42%), Cholesterol: 228.27mg (76.09%), Sodium: 620.35mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.43g (152.87%), Vitamin B3: 37.19mg (185.93%), Selenium: 111.94µg (159.91%), Vitamin B6: 2.76mg (137.94%), Vitamin K: 92.23µg (87.83%), Phosphorus: 807.83mg (80.78%), Vitamin B5: 5.26mg (52.56%), Potassium: 1655.33mg (47.3%), Vitamin B2: 0.55mg (32.51%), Magnesium: 116.3mg (29.08%), Vitamin B1: 0.41mg (27.54%), Vitamin A: 1351.92IU (27.04%), Iron: 4.45mg (24.73%), Folate: 91.18µg (22.79%), Vitamin C: 18.7mg (22.67%), Manganese: 0.41mg (20.34%), Zinc: 2.8mg (18.69%), Vitamin E: 2.73mg (18.2%), Copper: 0.36mg (17.85%), Fiber: 3.57g (14.27%), Vitamin B12: 0.72µg (12.02%), Calcium: 79.82mg (7.98%), Vitamin D: 0.42µg (2.8%)