



Sautéed Chicken Cutlets with Mixed Baby Greens

READY IN



23 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound breast halves boneless skinless
- ☐ 0.5 cup cucumber sliced
- ☐ 1 large eggs beaten
- ☐ 0.7 cup italian-seasoned breadcrumbs
- ☐ 4 cups baby greens mixed
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings pepper freshly ground to taste

- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt to taste
- ☐ 2 tomatoes chopped
- ☐ 2 tablespoons a combination fresh minced

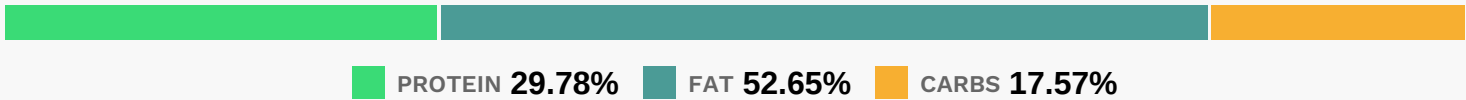
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Season chicken with salt and pepper.
- ☐ Combine breadcrumbs and Parmesan in a shallow bowl.
- ☐ Whisk egg in a separate shallow bowl. Dip chicken in egg, letting excess drip off. Coat both sides in crumb mixture.
- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat until hot.
- ☐ Add 2 cutlets, and cook 2 minutes on each side or until cooked through. Repeat with 2 tablespoons oil and remaining 2 cutlets.
- ☐ Toss baby greens with tomato, cucumber, and herbs.
- ☐ Whisk together remaining 1 tablespoon olive oil with vinegar, and season with salt and pepper. Toss salad with dressing.
- ☐ Serve cutlets topped with salad.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:22.728260631147%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 434.19kcal (21.71%), Fat: 25.24g (38.83%), Saturated Fat: 5.04g (31.53%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.09g (6.21%), Sugar: 3.05g (3.39%), Cholesterol: 126.52mg (42.17%), Sodium: 770.63mg (33.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.25%), Selenium: 48.17µg (68.81%), Vitamin B3: 13.68mg (68.39%), Vitamin B6: 1mg (50.15%), Phosphorus: 385.99mg (38.6%), Vitamin K: 30.51µg (29.06%), Vitamin A: 1244.16IU (24.88%), Vitamin C: 20.34mg (24.65%), Vitamin E: 3.31mg (22.05%), Potassium: 741.48mg (21.19%), Vitamin B5: 2.11mg (21.05%), Vitamin B1: 0.31mg (20.83%), Manganese: 0.39mg (19.59%), Vitamin B2: 0.32mg (18.77%), Folate: 61.76µg (15.44%), Magnesium: 57.23mg (14.31%), Calcium: 139.15mg (13.91%), Iron: 2.27mg (12.62%), Zinc: 1.69mg (11.29%), Vitamin B12: 0.52µg (8.68%), Copper: 0.17mg (8.28%), Fiber: 1.88g (7.5%), Vitamin D: 0.41µg (2.7%)