



Skate Wing Schnitzel

READY IN



45 min.

SERVINGS



4

CALORIES



1433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups bread country-style
- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs beaten to blend
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup flat parsley fresh divided finely chopped (such as flat-leaf parsley, chives, and/or tarragon)
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 servings lemon wedges (for serving; optional)

- ☐ 0.5 cup olive oil
- ☐ 24 ounce boned skate wing
- ☐ 0.3 cup butter unsalted ()

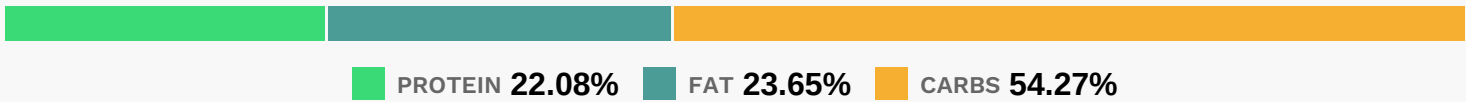
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Pulse bread in a food processor until semi-fine crumbs form.
- ☐ Place breadcrumbs, eggs, and flour in separate shallow bowls.
- ☐ Mix 1/4 cup herbs into breadcrumbs; season with salt and pepper.
- ☐ Season skate with salt and pepper. Dredge skate in flour, shaking off excess, coat with egg, letting excess drip back into bowl, and coat with breadcrumbs; transfer to a plate.
- ☐ Heat oil in a large cast-iron or other heavy skillet over medium-high heat. Working in batches, sauté skate until golden brown and just cooked through, about 2 minutes per side.
- ☐ Transfer to a paper towel-lined plate; season with salt.
- ☐ Pour off oil in pan; heat butter, stirring occasionally, until foaming and starting to brown, about 3 minutes.
- ☐ Whisk in capers, lemon juice, mustard, and remaining 1/4 cup herbs.
- ☐ Drizzle skate with brown butter sauce and serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:63.79, Glycemic Load:107.93, Inflammation Score:-9, Nutrition Score:50.350000070489%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 1432.52kcal (71.63%), Fat: 37.61g (57.87%), Saturated Fat: 11.37g (71.07%), Carbohydrates: 194.15g (64.72%), Net Carbohydrates: 178.5g (64.91%), Sugar: 20.87g (23.19%), Cholesterol: 123.5mg (41.17%), Sodium: 1872.71mg (81.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.01g (158.03%), Manganese: 4.5mg (224.78%), Selenium: 121.96µg (174.23%), Vitamin K: 146.01µg (139.05%), Vitamin B1: 1.73mg (115.41%), Vitamin B3: 21.86mg (109.31%), Folate: 385.22µg (96.31%), Iron: 15.31mg (85.05%), Vitamin B2: 1.18mg (69.68%), Fiber: 15.65g (62.61%), Phosphorus: 554.17mg (55.42%), Calcium: 481.21mg (48.12%), Magnesium: 163.23mg (40.81%), Vitamin B5: 3.5mg (35.01%), Copper: 0.62mg (31.12%), Zinc: 4.37mg (29.12%), Vitamin B6: 0.47mg (23.27%), Vitamin A: 1137.84IU (22.76%), Potassium: 630.99mg (18.03%), Vitamin C: 14.3mg (17.34%), Vitamin E: 2.18mg (14.54%), Vitamin D: 0.71µg (4.75%), Vitamin B12: 0.25µg (4.11%)