



Southwestern Chicken Scaloppine

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons canola oil
- ☐ 0.5 cup chicken broth (from 32-oz carton)
- ☐ 0.3 teaspoon hot sauce red
- ☐ 2 tablespoons juice of lime

☐ 2 tablespoons cilantro leaves fresh chopped

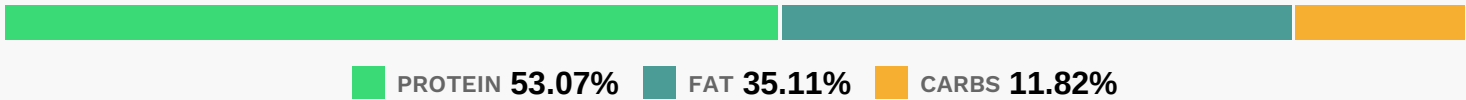
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Between pieces of plastic wrap or waxed paper, place chicken breast half with smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. Repeat with remaining chicken.
- ☐ Cut chicken into smaller pieces if desired.
- ☐ In shallow dish, mix flour, cumin and salt. Coat chicken with flour mixture. Reserve 1 teaspoon flour mixture.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat.
- ☐ Add chicken; cook 3 to 5 minutes on each side or until golden brown and no longer pink in center.
- ☐ Remove chicken from skillet; cover to keep warm.
- ☐ In small bowl, stir reserved 1 teaspoon flour mixture into broth. Gradually stir broth mixture and red pepper sauce into skillet.
- ☐ Heat to boiling; stir in lime juice and cilantro.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:4.32, Inflammation Score:-3, Nutrition Score:15.410435098669%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 242.03kcal (12.1%), Fat: 9.18g (14.12%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.29g (0.32%), Cholesterol: 91.31mg (30.44%), Sodium: 571.94mg (24.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.43%), Vitamin B3: 15.35mg (76.73%), Selenium: 48.16µg (68.8%), Vitamin B6: 1.07mg (53.54%), Phosphorus: 310.95mg (31.1%), Vitamin B5: 2.07mg (20.67%), Potassium: 557.29mg (15.92%), Vitamin B2: 0.2mg (11.82%), Vitamin B1: 0.16mg (10.9%), Magnesium: 41.37mg (10.34%), Vitamin E: 1.24mg (8.29%), Iron: 1.25mg (6.96%), Zinc: 0.93mg (6.2%), Manganese: 0.11mg (5.39%), Folate: 20.91µg (5.23%), Vitamin C: 4.23mg (5.13%), Vitamin B12: 0.29µg (4.82%), Vitamin K: 4.75µg (4.52%), Copper: 0.06mg (3.05%), Calcium: 15.47mg (1.55%), Vitamin A: 67.11IU (1.34%), Fiber: 0.3g (1.2%)