



Tangy Chicken Steak



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cherry pepper spread hot
- ☐ 24 ounces chicken cutlets boneless skinless
- ☐ 2 tablespoons chives chopped
- ☐ 6 slices deli pepperoni
- ☐ 6 slices deli provolone
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons garlic minced

- ☐ 1 teaspoons penzey's southwest seasoning italian
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 to 4 steak rolls split toasted

Equipment

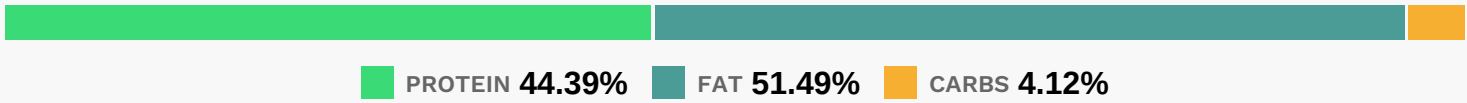
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ In a small bowl, whisk together the vinegar, 1/2 cup of oil, the mustard, Italian seasoning, paprika, salt, and pepper. Rub the marinade liberally on each chicken cutlet. Arrange on a quarter sheet pan lined with parchment paper. Cover with plastic wrap and freeze for 30 minutes. Chicken will freeze slightly.
- ☐ Remove from the freezer and with a sharp knife, chip the slightly frozen meat as thin as possible.
- ☐ In a large saute pan over medium-high heat, add 2 tablespoons of oil.
- ☐ Add the onions and cook until slightly browned, about 2 minutes.
- ☐ Add the garlic and the chipped chicken meat and cook until the chicken is cooked through, about 5 minutes. Stir in the chives. Overlap the pepperoni on top of the chicken and repeat with the cheese slices. Turn off the heat and allow the heat from the meat to melt the provolone.

With the help of a spatula scoop up the chicken with the cheese and put it on the split roll.
Tuck some cherry pepper spread on the side of the roll. Wrap tightly in a square of parchment paper. Repeat with remaining rolls and filling.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:33.302173614502%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 716.48kcal (35.82%), Fat: 40.16g (61.78%), Saturated Fat: 13.89g (86.83%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 4.9g (1.78%), Sugar: 1.36g (1.51%), Cholesterol: 229.87mg (76.62%), Sodium: 2243.26mg (97.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.9g (155.8%), Selenium: 103.15µg (147.35%), Vitamin B3: 27.19mg (135.95%), Vitamin B6: 2.15mg (107.44%), Phosphorus: 722.4mg (72.24%), Zinc: 8.9mg (59.35%), Vitamin B1: 0.75mg (49.67%), Vitamin B12: 2.75µg (45.89%), Vitamin B2: 0.65mg (38.32%), Potassium: 1266.14mg (36.18%), Vitamin B5: 2.91mg (29.06%), Magnesium: 93.51mg (23.38%), Iron: 3.92mg (21.78%), Manganese: 0.26mg (13.12%), Vitamin K: 13.04µg (12.42%), Copper: 0.25mg (12.31%), Vitamin E: 1.67mg (11.13%), Fiber: 2.32g (9.28%), Vitamin A: 394.36IU (7.89%), Vitamin C: 6.26mg (7.59%), Vitamin D: 0.87µg (5.81%), Folate: 21.41µg (5.35%), Calcium: 51.81mg (5.18%)