



Tomato-and-Garlic-Stuffed Chicken Cutlets



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 1 pound chicken scallopini (cutlets flattened to 1/2 inch)
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 1 large garlic clove minced/mashed
- ☐ 2 tablespoons olive oil divided
- ☐ 1 large plum tomatoes

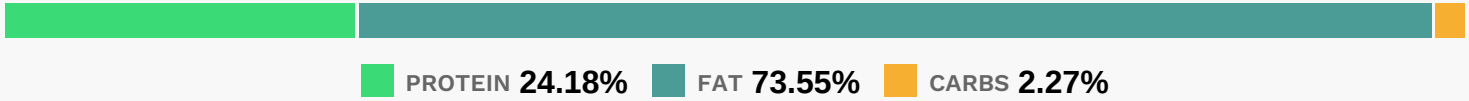
Equipment

- ☐ frying pan

Directions

- ☐ Stir together garlic, anchovy paste, parsley, 1/2 tablespoon oil, and 1/4 teaspoon pepper.
- ☐ Pat chicken dry, then spread with parsley mixture. Fold chicken in half crosswise and insert 2 slices of tomato into each pocket. Season outside of pockets with 1/4 teaspoon salt and 1/4 teaspoon pepper (total), then brush with 1/2 tablespoon oil.
- ☐ Heat remaining tablespoon oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add chicken and brown 2 minutes per side. Reduce heat to low and cover skillet, then cook until chicken is just cooked through, 3 to 5 minutes more.
- ☐ Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:8.9456521065339%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 192.56kcal (9.63%), Fat: 15.65g (24.08%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.45g (0.5%), Cholesterol: 44.22mg (14.74%), Sodium: 188.04mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.15%), Vitamin K: 68.25µg (65%), Vitamin B3: 4.64mg (23.22%), Selenium: 10.67µg (15.25%), Vitamin B6: 0.22mg (11.19%), Vitamin A: 522.89IU (10.46%), Vitamin C: 8.22mg (9.96%), Phosphorus: 97.14mg (9.71%), Vitamin E: 1.42mg (9.45%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.56mg (5.65%), Iron: 1mg (5.56%), Potassium: 185.22mg (5.29%), Vitamin B2: 0.09mg (5.13%), Magnesium: 17.41mg (4.35%), Vitamin B12: 0.2µg (3.4%), Vitamin B1: 0.05mg (3.08%), Folate: 11.83µg (2.96%), Copper: 0.06mg (2.83%), Manganese: 0.05mg (2.53%), Calcium: 23.42mg (2.34%), Fiber: 0.33g (1.3%), Vitamin D: 0.18µg (1.18%)