



WHATSheATE



Whole Wheat-Crusted Chicken Breast Cutlets



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce chicken-breast halves boneless skinless (if they weigh more than 6 ounces, halve and reduce cooking time by 5 minutes)
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings olive oil for brushing
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1.5 cups bread crumbs whole-wheat homemade store-bought

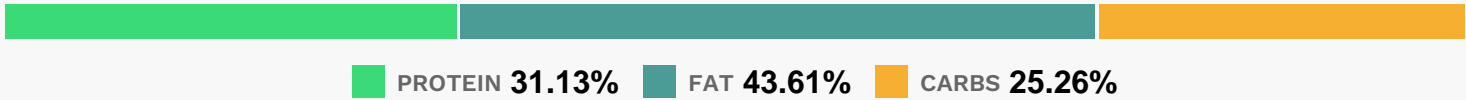
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Line a baking sheet with aluminum foil and brush the foil lightly with the olive oil. Pat the chicken breasts dry with a paper towel and season them generously with the salt and pepper.
- ☐ In a small bowl, blend together the mustard and mayonnaise. Coat the top of each chicken breast evenly with about 1 tablespoon of the mixture.
- ☐ Spread the bread crumbs on a shallow plate.
- ☐ Roll the chicken breasts in them gently, pressing down firmly to coat them evenly.
- ☐ Transfer the chicken to the foil-lined baking sheet and bake until cooked through, 12 to 14 minutes. Adjust oven temperature to broil and cook until the crust is golden brown and crisp, 1 to 2 minutes more. For a healthy alternative to chicken fingers, serve the cutlets sliced into 2-by 4-inch pieces.
- ☐ To make bread crumbs, first preheat oven to 325°F.
- ☐ Cut 4 slices of whole-wheat bread into 1-inch cubes and spread them in an even layer on a cookie sheet.
- ☐ Bake until golden brown, about 12 minutes.
- ☐ Remove and let cool, then transfer the cubes to a food processor fitted with the blade attachment. Process until the bread forms coarse crumbs.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:19.865217182947%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 493.62kcal (24.68%), Fat: 25.25g (38.84%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 28.5g (10.36%), Sugar: 1.5g (1.66%), Cholesterol: 111.8mg (37.27%), Sodium: 540.56mg (23.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.11%), Vitamin B3: 17.78mg (88.92%), Selenium: 57.15µg (81.64%), Vitamin B6: 1.28mg (64%), Phosphorus: 366.93mg (36.69%), Vitamin B5: 2.46mg (24.6%), Iron: 3.69mg (20.48%), Vitamin K: 20.45µg (19.48%), Potassium: 643.48mg (18.39%), Fiber: 4.39g (17.57%), Vitamin E: 2.6mg (17.31%), Vitamin C: 10.17mg (12.33%), Magnesium: 48.07mg (12.02%), Vitamin B2: 0.18mg (10.39%), Vitamin B1: 0.12mg (8.26%), Zinc: 1.05mg (6.98%), Vitamin B12: 0.35µg (5.81%), Manganese: 0.07mg (3.5%), Copper: 0.05mg (2.71%), Folate: 7.7µg (1.92%), Calcium: 14.37mg (1.44%), Vitamin D: 0.18µg (1.23%), Vitamin A: 61.45IU (1.23%)