



Yolanda's Famous Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 ounce bread
- 1.5 teaspoons marjoram dried
- 1.5 teaspoons rosemary dried crushed
- 1 large eggs
- 0.3 cup flour all-purpose
- 4 lemon wedges
- 1 tablespoon milk 2% reduced-fat
- 4 teaspoons olive oil divided

- 1 ounce parmigiano-reggiano cheese finely grated
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

Equipment

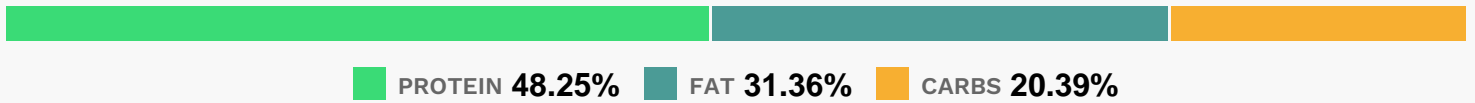
- food processor
- frying pan
- oven
- whisk
- plastic wrap
- kitchen thermometer
- meat tenderizer
- broiler pan

Directions

- Preheat oven to 37
- Tear bread into pieces.
- Place bread in a food processor; pulse until breadcrumbs measure about 1 3/4 cups.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound chicken to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Place flour in a shallow dish.
- Combine breadcrumbs, cheese, and next 4 ingredients (through pepper) in a second shallow dish.
- Combine milk and egg in a third shallow dish, stirring with a whisk. Working with 1 breast half at a time, dredge chicken in flour, shaking off excess. Dip into egg mixture; dredge in breadcrumb mixture, pressing to coat evenly on both sides.
- Place chicken on a large plate. Repeat procedure with remaining breast halves, flour, egg mixture, and breadcrumb mixture; refrigerate for 30 minutes.
- Heat a 12-inch nonstick skillet over medium-high heat. Coat pan with cooking spray; add 2 teaspoons olive oil, swirling to coat.

- Add 2 breast halves to pan; cook 3 minutes on each side or until browned.
- Place on a broiler pan coated with cooking spray. Lightly coat chicken with cooking spray. Repeat procedure with remaining 2 teaspoons olive oil and remaining breast halves.
- Bake at 375 for 12 minutes or until a thermometer registers 16
- Serve with lemon wedges.
- Wine note: As the Manzones state, a shot of fruity acidity is all this chicken dish needs. You'll find it aplenty in a New Zealand sauvignon blanc, like Stoneleigh Sauvignon Blanc Marlborough 2009 (\$17), with its vivacious, citrusy acidity and bright flavors of tropical fruit. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:72.04, Glycemic Load:10.14, Inflammation Score:-5, Nutrition Score:23.354347788769%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 369.57kcal (18.48%), Fat: 12.61g (19.4%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 16.78g (6.1%), Sugar: 1.99g (2.21%), Cholesterol: 160.48mg (53.49%), Sodium: 722.31mg (31.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.66g (87.31%), Selenium: 68.82µg (98.31%), Vitamin B3: 19.45mg (97.23%), Vitamin B6: 1.35mg (67.32%), Phosphorus: 473.87mg (47.39%), Vitamin B5: 2.91mg (29.07%), Vitamin B2: 0.35mg (20.83%), Potassium: 725.91mg (20.74%), Manganese: 0.38mg (18.92%), Vitamin B1: 0.27mg (18.31%), Magnesium: 61.78mg (15.44%), Vitamin C: 11.67mg (14.15%), Calcium: 138.9mg (13.89%), Iron: 2.23mg (12.41%), Folate: 47.97µg (11.99%), Zinc: 1.65mg (11.02%), Vitamin B12: 0.56µg (9.27%), Vitamin E: 1.12mg (7.48%), Fiber: 1.66g (6.64%), Copper: 0.11mg (5.55%), Vitamin K: 4.62µg (4.4%), Vitamin A: 187.66IU (3.75%), Vitamin D: 0.46µg (3.04%)