



Za'atar-Crusted Chicken Schnitzel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 2 tablespoons olive oil divided
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon sesame seed toasted
- ☐ 6 ounce skinless boneless chicken breasts boneless skinless

☐ 0.3 cup za'atar

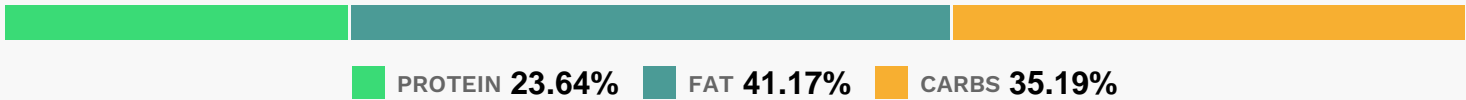
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Combine panko, za'atar, sesame seeds, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a shallow dish.
- ☐ Place eggs and egg white in another shallow dish; lightly beat with a fork.
- ☐ Sprinkle chicken with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Dredge 4 breast halves in panko mixture, then egg mixture. Dredge again in panko mixture.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 coated chicken breast halves to pan. Cook 3 minutes on each side or until lightly browned, turning carefully with a spatula.
- ☐ Place on a baking sheet coated with cooking spray. Repeat procedure with remaining chicken, panko mixture, egg mixture, and oil.
- ☐ Bake at 400 for 10 minutes or until done.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.06, Inflammation Score:0, Nutrition Score:16.373043340185%

Nutrients (% of daily need)

Calories: 146.09kcal (7.3%), Fat: 6.89g (10.6%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 9.87g (3.59%), Sugar: 0.9g (1%), Cholesterol: 60.11mg (20.04%), Sodium: 426.57mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.81%), Vitamin K: 129.89µg (123.71%), Iron: 10.16mg (56.46%), Manganese: 0.73mg (36.67%), Selenium: 14.99µg (21.42%), Calcium: 179.19mg (17.92%), Vitamin B3: 3.39mg (16.95%), Fiber: 3.39g (13.57%), Vitamin B6: 0.24mg (12.16%), Vitamin B1: 0.17mg (11.57%), Phosphorus: 109.93mg (10.99%), Vitamin B2: 0.17mg (10.24%), Folate: 40.18µg (10.04%), Vitamin E: 1.24mg (8.28%), Magnesium: 32.32mg (8.08%), Copper: 0.15mg (7.53%), Vitamin A: 355.6IU (7.11%), Zinc: 0.99mg (6.57%), Vitamin B5: 0.57mg (5.67%), Potassium: 191.31mg (5.47%), Vitamin C: 3.95mg (4.79%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.27µg (1.81%)