

Swiss Chicken Cutlets

Marijo Peterson

Gourmet Eating in South Carolina - (1985)

4 boneless/ skinless chicken breasts
1 egg, well beaten
1 tablespoon oil
1 tablespoon water
bread crumbs
Swiss cheese, grated
1 stick butter or margarine

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Pound the chicken breasts until 1/4-inch thick. Slice in half lengthwise.

In a pie plate, mix the egg, oil and water.

In a second pie plate, place the grated Swiss cheese.

In a third pie plate, place the bread crumbs.

Dip the chicken cutlets in the egg mixture, then the bread crumbs and, finally, the Swiss cheese. until well coated.

In a skillet, fry the cutlets in one stick of butter for 2 to 4 minutes on each side. Drain and serve with lemon.

Per Serving (excluding unknown items): 1008 Calories; 111g Fat (97.0% calories from fat); 7g Protein; trace Carbohydrate; 0g Dietary Fiber; 460mg Cholesterol; 1007mg Sodium. Exchanges: 1 Lean Meat; 21 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1008	Vitamin B6 (mg):	.1mg
% Calories from Fat:	97.0%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	0.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	111g	Folacin (mcg):	27mcg
Saturated Fat (g):	60g	Niacin (mg):	trace
Monounsaturated Fat (g):	36g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 7g
Cholesterol (mg): 460mg
Carbohydrate (g): trace
Dietary Fiber (g): 0g
Protein (g): 7g
Sodium (mg): 1007mg
Potassium (mg): 96mg
Calcium (mg): 54mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 3712IU
Vitamin A (r.e.): 928 1/2RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 21 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1008 **Calories from Fat:** 977

% Daily Values*

Total Fat 111g	170%
Saturated Fat 60g	302%
Cholesterol 460mg	153%
Sodium 1007mg	42%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein 7g	
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Vitamin A	74%
Vitamin C	0%
Calcium	5%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.