

# Smarter Italian Chicken Cutlets

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-chicken-cutlets>

## Ingredients:

- 9 ounces oyster mushroom small
- 9 ounces shiitake mushroom
- 2 shallots
- 2 ounces dried tomatoes sun-
- 1 sprig rosemary
- 12 chicken breast cutlet thin, each about 40 grams
- 3 tablespoons olive oil
- salt
- 1 cup soy creamer
- 3/4 cup veal stock rich

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 225 milligrams
4. Fat: 24 grams
5. Fiber: 5 grams
6. Protein: 82 grams
7. SaturatedFat: 5 grams
8. Sodium: 990 milligrams
9. Sugar: 6 grams

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