



## Avocado Chicken Parmigiana

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 pound chicken breast halved
- 0.3 cup flour all-purpose
- 1 eggs lightly beaten
- 1.8 cup breadcrumbs dried
- 8 servings olive oil
- 4 tablespoons pasta sauce
- 0.5 avocado sliced
- 2 tablespoons parmesan
- 1 leaves the salad

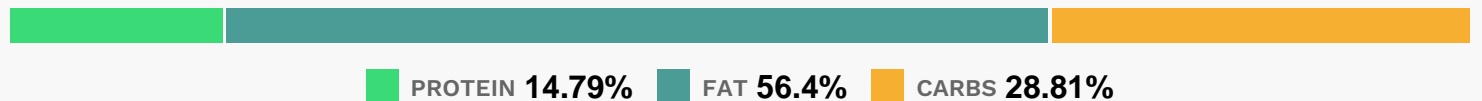
## Equipment

- oven
- plastic wrap
- baking pan
- rolling pin

## Directions

- Preheat oven to 200C/400F fan-forced.
- Place chicken between 2 sheets plastic wrap and pound to 1/4-inch thick with a rolling pin.
- Coat the chicken first in flour, shaking off excess, then dip in the beaten egg and finally coat well with breadcrumbs.
- Place on a baking tray. Repeat with remaining chicken, flour, egg mixture and breadcrumbs.
- Spray chicken with olive oil.
- Bake for 5 minutes.
- Remove from the oven and top each with two tablespoon pasta sauce. Arrange avocado over sauce and sprinkle with cheese. Return to oven.
- Bake for 5 to 7 minutes or until golden and chicken is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:23.38, Glycemic Load:2.39, Inflammation Score:-3, Nutrition Score:10.022608695652%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Taste

Sweetness: 15.33%, Saltiness: 69.22%, Sourness: 8.74%, Bitterness: 9.98%, Savoriness: 44.86%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 298.3kcal (14.92%), Fat: 18.74g (28.83%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 19.42g (7.06%), Sugar: 1.86g (2.06%), Cholesterol: 39.45mg (13.15%), Sodium: 270.48mg (11.76%), Protein: 11.06g (22.12%), Selenium: 18.42µg (26.31%), Vitamin B3: 5.06mg (25.28%), Vitamin B1: 0.29mg (19.35%), Vitamin E: 2.52mg (16.8%), Vitamin B6: 0.29mg (14.64%), Manganese: 0.28mg (13.79%), Phosphorus: 130.91mg (13.09%), Vitamin K: 12.94µg (12.33%), Folate: 47.13µg (11.78%), Vitamin B2: 0.19mg (11.38%), Iron: 1.75mg (9.74%), Fiber: 2.12g (8.49%), Vitamin B5: 0.84mg (8.39%), Potassium: 247.68mg (7.08%), Calcium: 65.83mg (6.58%), Magnesium: 24.38mg (6.1%), Copper: 0.11mg (5.52%), Zinc: 0.74mg (4.91%), Vitamin B12: 0.2µg (3.39%), Vitamin C: 2.15mg (2.61%), Vitamin A: 100.2IU (2%)