



## Baked Chicken Marinara

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 shallots peeled finely chopped
- ☐ 4 teaspoons garlic cloves finely
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper flakes dried red crushed
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.8 cup breadcrumbs

- ☐ 0.8 cup parmesan cheese   grated
- ☐ 0.5 cup all purpose flour
- ☐ 2 large eggs   beaten
- ☐ 9 large chicken thighs   boneless skinless cut in half ( or skin-on, your preference)
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 0.8 cup mozzarella cheese   grated

## Equipment

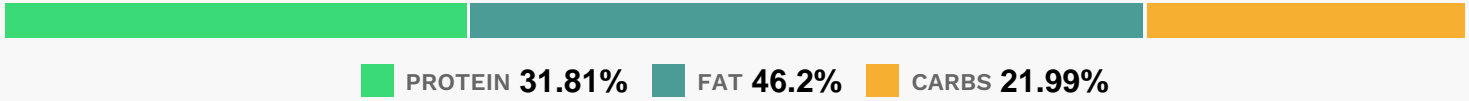
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave

## Directions

- ☐ Heat 2 tablespoons olive oil in heavy large saucepan over medium heat.
- ☐ Add the shallots and sauté until tender, about 4 minutes.
- ☐ Add the garlic and cook a minute more.
- ☐ Add the tomatoes, oregano, and crushed red pepper flakes. Simmer until sauce thickens, about 10 minutes. Stir in the basil and season to taste with salt and pepper. Set aside.
- ☐ Combine the grated Parmesan and the breadcrumbs in a shallow bowl.
- ☐ Put the flour in another separate bowl, and the beaten eggs in another bowl.
- ☐ Dredge each piece of chicken first in the flour, then dip in the beaten eggs, and then dredge in the breadcrumb mixture.
- ☐ Preheat oven to 350°F.
- ☐ Heat 4 Tbsp of olive oil in heavy large nonstick skillet over medium-high heat.
- ☐ Working in batches if necessary, add chicken and sauté until golden brown and cooked through, about 4 minutes per side.
- ☐ Place chicken pieces on an oven-proof serving dish. Spoon sauce over chicken pieces.

- ☐
- Sprinkle with Mozzarella cheese.
- ☐
- Bake for 10 minutes at 350°F, or microwave on high heat for 10–20 seconds, just until the cheese has melted.

# Nutrition Facts



## Properties

Glycemic Index:45.83, Glycemic Load:9.26, Inflammation Score:-8, Nutrition Score:30.947391043539%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 591.94kcal (29.6%), Fat: 30.44g (46.84%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 28.41g (10.33%), Sugar: 7.94g (8.83%), Cholesterol: 244.96mg (81.65%), Sodium: 758.45mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.17g (94.34%), Selenium: 58.39µg (83.42%), Vitamin B3: 12.73mg (63.64%), Phosphorus: 567.55mg (56.76%), Vitamin B6: 1.1mg (54.85%), Vitamin B2: 0.64mg (37.89%), Vitamin K: 34.53µg (32.88%), Vitamin B1: 0.49mg (32.79%), Manganese: 0.61mg (30.57%), Calcium: 299.88mg (29.99%), Zinc: 4.48mg (29.85%), Vitamin E: 4.43mg (29.56%), Vitamin B12: 1.77µg (29.47%), Vitamin B5: 2.9mg (28.97%), Iron: 5.21mg (28.92%), Potassium: 962.99mg (27.51%), Magnesium: 89.05mg (22.26%), Copper: 0.43mg (21.74%), Folate: 74.32µg (18.58%), Vitamin C: 14.17mg (17.18%), Fiber: 4.19g (16.75%), Vitamin A: 760.11IU (15.2%), Vitamin D: 0.45µg (3.01%)