



## Baked Chicken Parmesan

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 teaspoons garlic cloves peeled finely chopped
- ☐ 28 oz canned tomatoes crushed canned (we use Muir-Glen)
- ☐ 0.5 teaspoon basil dried fresh chopped (or 1 Tbsp of basil)
- ☐ 0.3 teaspoon oregano dried fresh chopped (or 1 teaspoon of oregano)
- ☐ 0.3 teaspoon sugar
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 3 Tbsp dijon mustard

- ☐ 1 Tbsp white-wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 pounds chicken breast cutlets boneless skinless (or chicken breasts or thighs that have been pounded to a 1/2 inch)
- ☐ 1 cup breadcrumbs homemade (panko or )
- ☐ 1 cup parmesan cheese finely grated
- ☐ 3 Tbsp butter unsalted melted

## Equipment

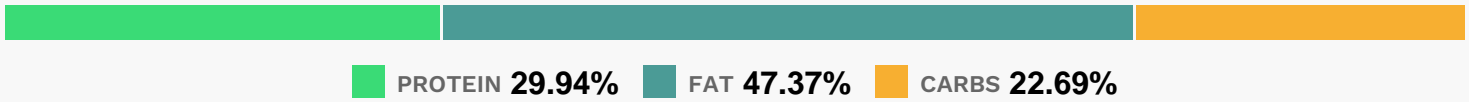
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Make the sauce:
- ☐ Heat the olive oil in a large saucepan on medium high heat.
- ☐ Add the garlic and cook until fragrant, about 30 seconds.
- ☐ Stir in the crushed tomatoes, basil, oregano, sugar, a pinch of salt and pepper. Bring to a simmer.
- ☐ Continue to simmer until sauce thickens a bit and flavors meld, about 10-12 minutes. Taste sauce, adjust seasoning if necessary, cover and keep warm.
- ☐ Preheat oven to 450°F. Line a baking sheet with foil, parchment, or Silpat. While the sauce is simmering, prepare the chicken in the next steps.
- ☐ Make the coating: In a large bowl whisk together the mustard, vinegar, salt, and 1/4 teaspoon of pepper.

- ☐ Add the chicken cutlets to the mixture and coat well on both sides.
- ☐ Dredge the chicken: In another bowl, mix together the breadcrumbs, grated Parmesan, and 1/4 teaspoon of black pepper.
- ☐ Mix well and stir in the melted butter.
- ☐ Transfer to a shallow plate.
- ☐ Dredge the chicken pieces in the breadcrumb mixture, gently pressing the breadcrumbs into the chicken cutlets.
- ☐ Place dredged chicken on the lined baking sheet.
- ☐ Bake at 450°F on the center rack of the oven until cooked and golden brown, about 15 minutes.
- ☐ Serve with a side of rice, noodles or pasta. Ladle sauce with the chicken.

## Nutrition Facts



## Properties

Glycemic Index:59.77, Glycemic Load:4.46, Inflammation Score:-8, Nutrition Score:35.722173991411%

## 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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 677.28kcal (33.86%), Fat: 35.94g (55.29%), Saturated Fat: 12.62g (78.85%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 33.04g (12.01%), Sugar: 10.86g (12.07%), Cholesterol: 153.51mg (51.17%), Sodium: 1511.03mg (65.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.11g (102.23%), Vitamin B3: 22.07mg (110.35%), Selenium: 75.35µg (107.64%), Vitamin B6: 1.66mg (82.76%), Phosphorus: 642.14mg (64.21%), Manganese: 0.8mg (39.8%), Potassium: 1346.34mg (38.47%), Vitamin B1: 0.55mg (36.74%), Calcium: 365.63mg (36.56%), Vitamin E: 5.22mg (34.83%), Vitamin B5: 3.27mg (32.67%), Vitamin B2: 0.48mg (28.46%), Iron: 5.12mg (28.44%), Magnesium: 112.24mg (28.06%), Copper: 0.51mg (25.56%), Vitamin C: 20.83mg (25.25%), Vitamin K: 25.62µg (24.4%), Fiber: 5.69g (22.76%), Zinc: 3.11mg (20.76%), Vitamin A: 973.18IU (19.46%), Folate: 64.89µg (16.22%), Vitamin B12: 0.79µg (13.17%), Vitamin D: 0.45µg (3.03%)