



Basil Chicken Parmigiana

READY IN



29 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce skinned and boned chicken breasts
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup basil fresh sliced
- ☐ 0.7 cup italian-seasoned breadcrumbs
- ☐ 4 ounces mozzarella cheese shredded low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 2 tablespoons parsley fresh italian minced
- ☐ 26 ounce pasta sauce low-fat

☐ 8 ounces rotini whole wheat uncooked

Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Prepare pasta according to package directions, omitting salt and oil.
- ☐ Drain and keep warm.
- ☐ Cut each chicken breast into 2 pieces.
- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Combine 2/3 cup breadcrumbs and 1/4 cup Parmesan cheese. Dip chicken in egg substitute, and dredge in breadcrumb mixture.
- ☐ Brown chicken, in batches, in hot oil in a large nonstick skillet over medium-high heat, 1 to 2 minutes on each side; remove chicken from skillet.
- ☐ Stir together pasta sauce and basil; spoon half of sauce into an 11- x 7- inch baking dish. Arrange chicken in an even layer over sauce; pour remaining sauce over chicken.
- ☐ Sprinkle evenly with mozzarella cheese and remaining 1/4 cup Parmesan cheese.
- ☐ Bake at 350 for 20 minutes or until mozzarella cheese is lightly browned and sauce is bubbly around edges.
- ☐ Remove from oven, and sprinkle with 2 tablespoons parsley.
- ☐ Serve chicken over hot cooked pasta.

Nutrition Facts



 PROTEIN **36.04%**  FAT **24.04%**  CARBS **39.92%**

Properties

Glycemic Index:23.63, Glycemic Load:10.1, Inflammation Score:-7, Nutrition Score:21.439130565395%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 348.06kcal (17.4%), Fat: 9.22g (14.19%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 31.64g (11.5%), Sugar: 5.09g (5.65%), Cholesterol: 69.04mg (23.01%), Sodium: 898.27mg (39.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.23%), Selenium: 58.58µg (83.69%), Vitamin B3: 10.94mg (54.71%), Vitamin B6: 0.82mg (41.08%), Phosphorus: 391.81mg (39.18%), Vitamin K: 28.31µg (26.96%), Manganese: 0.49mg (24.38%), Calcium: 221.08mg (22.11%), Potassium: 737.77mg (21.08%), Vitamin B5: 1.97mg (19.67%), Vitamin B2: 0.33mg (19.26%), Magnesium: 64.24mg (16.06%), Vitamin B1: 0.22mg (14.77%), Vitamin A: 723.56IU (14.47%), Vitamin E: 2.1mg (14.01%), Iron: 2.51mg (13.95%), Zinc: 2.06mg (13.76%), Copper: 0.25mg (12.45%), Fiber: 2.82g (11.3%), Vitamin C: 9.28mg (11.25%), Folate: 34.78µg (8.69%), Vitamin B12: 0.46µg (7.61%), Vitamin D: 0.4µg (2.66%)