



Best Chicken Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs italian
- 24 ounces chicken cutlets
- 3 eggs beaten
- 1 cup flour
- 4 cups mozzarella cheese (depending on how much cheese you like)
- 0.5 cup parmesan fresh green grated (, not from a can)
- 1 can vegetable oil for frying (you bake them too, but they're better fried!)

Equipment

- frying pan
- oven
- knife
- pot
- plastic wrap
- baking pan
- meat tenderizer

Directions

- Depending on how thick your chicken breasts are, place them under plastic wrap and pound until thin. If you don't have a meat pounder, use a heavy pot or skillet. You can also fillet these with a knife. Get 3 pie plates or containers. Put flour in one, beaten eggs in one and bread crumbs in one. Dredge chicken breast in flour, then in the egg wash, and then the bread crumbs. Fry cutlets in vegetable oil over med heat. Fry until golden brown.
- Spread a little marinara on the bottom of a 13x9 baking dish. Make a layer of chicken.
- Add more marinara. Use most of the first quart.
- Add a layer of the cheeses. Repeat layers.
- Sprinkle parsley over last layer of cheese.
- Bake in a pre-heated 350 degree oven covered for 35 minutes. uncover and bake until top is bubbly!

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:12.02, Inflammation Score:-7, Nutrition Score:29.535217391304%

Nutrients (% of daily need)

Calories: 635.73kcal (31.79%), Fat: 26.02g (40.02%), Saturated Fat: 12.99g (81.19%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 41.69g (15.16%), Sugar: 3.21g (3.56%), Cholesterol: 219.07mg (73.02%), Sodium: 1028.38mg (44.71%), Protein: 53.34g (106.67%), Selenium: 73.74µg (105.35%), Vitamin B3: 15.56mg (77.81%), Phosphorus: 685.75mg (68.57%), Calcium: 562.73mg (56.27%), Vitamin B6: 0.97mg (48.73%), Vitamin B1: 0.62mg

(41.25%), Vitamin B2: 0.7mg (41.23%), Vitamin B12: 2.35µg (39.18%), Zinc: 4.02mg (26.79%), Manganese: 0.52mg (26.01%), Folate: 97.33µg (24.33%), Vitamin B5: 2.39mg (23.86%), Iron: 3.91mg (21.71%), Magnesium: 70.79mg (17.7%), Potassium: 607.2mg (17.35%), Vitamin A: 722.65IU (14.45%), Copper: 0.18mg (8.96%), Fiber: 2.18g (8.73%), Vitamin D: 0.89µg (5.96%), Vitamin K: 4.65µg (4.43%), Vitamin E: 0.65mg (4.34%), Vitamin C: 1.36mg (1.65%)