



Breaded Chicken with Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless
- 0.5 cup panko bread crumbs crispy
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 3 tablespoons vegetable oil
- 3 cups tomatoes chopped
- 2 tablespoons spring onion chopped
- 1 clove garlic finely chopped

- 1 tablespoon balsamic vinegar
- 1 tablespoon oregano fresh chopped

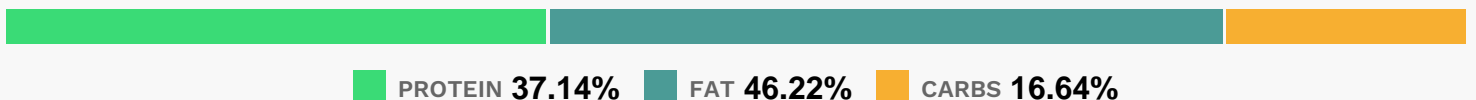
Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- In shallow medium bowl or pie plate, mix bread crumbs, cheese, salt and pepper. Coat chicken with crumb mixture, pressing to coat well on both sides.
- In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium-high heat. Cook chicken in oil 6 to 10 minutes, turning once, until golden brown on outside and no longer pink in center.
- Remove chicken from skillet; cover to keep warm.
- To skillet, add remaining 1 tablespoon oil, 2 cups of the tomatoes, the onions and garlic; cook and stir 2 minutes. Stir in vinegar; cook 30 seconds longer.
- Remove from heat; stir in remaining 1 cup tomatoes and the oregano.
- Serve over chicken.
- Garnish with additional fresh oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:19.716087110665%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 304.72kcal (15.24%), Fat: 15.57g (23.96%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 10.28g (3.74%), Sugar: 4.14g (4.6%), Cholesterol: 78.01mg (26%), Sodium: 593.95mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.31%), Vitamin B3: 13.07mg (65.37%), Selenium: 40.55µg (57.93%), Vitamin B6: 0.98mg (48.87%), Vitamin K: 42.61µg (40.58%), Phosphorus: 322.02mg (32.2%), Vitamin A: 1070.88IU (21.42%), Potassium: 743.86mg (21.25%), Vitamin C: 17.5mg (21.21%), Vitamin B5: 1.8mg (17.97%), Manganese: 0.32mg (16.01%), Magnesium: 52.05mg (13.01%), Vitamin E: 1.94mg (12.92%), Vitamin B1: 0.19mg (12.91%), Vitamin B2: 0.2mg (11.56%), Calcium: 111.11mg (11.11%), Fiber: 2.34g (9.34%), Iron: 1.67mg (9.3%), Folate: 34.62µg (8.66%), Zinc: 1.29mg (8.58%), Copper: 0.13mg (6.69%), Vitamin B12: 0.34µg (5.62%)