



Champion Chicken Parmesan

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 3 cups pasta hot cooked uncooked (6 ounces pasta)
- ☐ 1 large egg white lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 2 cups bell pepper red chopped
- ☐ 16 ounce skinned
- ☐ 0.3 cup sun-dried tomatoes packed
- ☐ 1 cup water boiling

Equipment

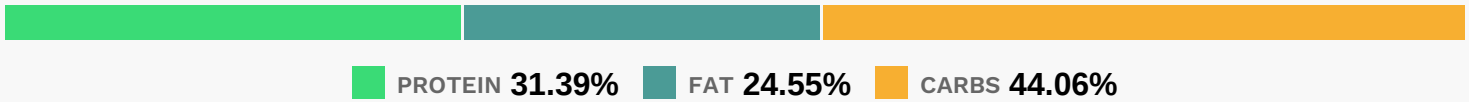
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ measuring cup
- ☐ meat tenderizer

Directions

- ☐ To prepare tomato sauce, combine sun-dried tomatoes and water in a bowl; cover and let stand 30 minutes or until soft.
- ☐ Drain and finely chop tomatoes.
- ☐ Heat 1 teaspoon olive oil in a large saucepan over medium-high heat.

- ☐ Add sun-dried tomatoes, bell pepper, and onion; saut 7 minutes. Stir in canned tomatoes; bring to a boil. Cover, reduce heat, and simmer for 10 minutes.
- ☐ Remove from heat; stir in parsley, basil, vinegar, 1/4 teaspoon black pepper, and garlic.
- ☐ Preheat oven to 35
- ☐ To prepare chicken, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, Parmesan, and 1/4 teaspoon black pepper in a shallow dish.
- ☐ Place each breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin. Dip each breast half in egg white; dredge in flour mixture.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until golden. Arrange in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Pour the tomato sauce over the chicken.
- ☐ Sprinkle with mozzarella.
- ☐ Bake at 350 for 15 minutes.
- ☐ Serve over linguine.

Nutrition Facts



Properties

Glycemic Index:106.63, Glycemic Load:22.84, Inflammation Score:-10, Nutrition Score:41.376521867255%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg

Nutrients (% of daily need)

Calories: 567.62kcal (28.38%), Fat: 15.58g (23.98%), Saturated Fat: 5.44g (33.99%), Carbohydrates: 62.95g (20.98%), Net Carbohydrates: 55.43g (20.16%), Sugar: 13.96g (15.52%), Cholesterol: 96.16mg (32.05%), Sodium: 743.58mg (32.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.84g (89.67%), Vitamin C: 127.13mg

(154.09%), Selenium: 76.65µg (109.5%), Vitamin B3: 15.7mg (78.49%), Vitamin K: 82.13µg (78.22%), Vitamin B6: 1.47mg (73.55%), Vitamin A: 3227.87IU (64.56%), Phosphorus: 582.25mg (58.23%), Manganese: 0.91mg (45.67%), Potassium: 1398.28mg (39.95%), Calcium: 390.78mg (39.08%), Vitamin B2: 0.54mg (32.03%), Iron: 5.65mg (31.39%), Fiber: 7.52g (30.07%), Magnesium: 113.45mg (28.36%), Vitamin B5: 2.53mg (25.29%), Folate: 99.14µg (24.78%), Vitamin E: 3.63mg (24.18%), Vitamin B1: 0.36mg (23.79%), Copper: 0.46mg (22.79%), Zinc: 3.08mg (20.52%), Vitamin B12: 0.55µg (9.18%), Vitamin D: 0.23µg (1.53%)