



Chicken Breasts Parmesan

READY IN



26 min.

SERVINGS



26

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bread crumbs dry
- 1 eggs
- 1 tsp penzey's southwest seasoning dried italian
- 0.5 lb pasta uncooked
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1.8 cups classico marinara with plum tomatoes & olive oil pasta sauce
- 0.3 cup olive oil
- 0.5 cup parmesan cheese shredded kraft
- 1 lb chicken breasts boneless skinless

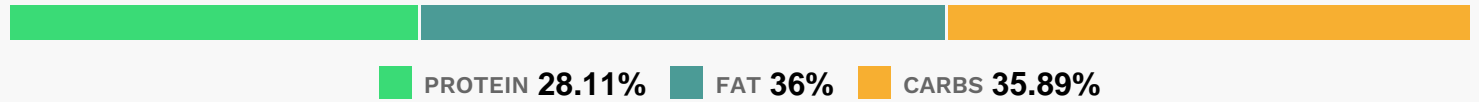
Equipment

frying pan

Directions

- Heat pasta sauce, and cook pasta as directed on package omitting salt.
- Meanwhile, beat egg lightly in shallow dish.
- Mix next 3 ingredients in separate shallow dish. Dip chicken in egg, then in cheese mixture, turning to evenly coat both sides of each breast.
- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 min. on each side or until done (165F). Top with mozzarella; cover. Cook on low heat 3 min. or until mozzarella is melted.
- Drain pasta; place on platter. Top with sauce and chicken.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:2.8, Inflammation Score:-2, Nutrition Score:4.121739099855%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 90.46kcal (4.52%), Fat: 3.58g (5.51%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.49g (2.72%), Sugar: 0.75g (0.84%), Cholesterol: 19.46mg (6.49%), Sodium: 69.09mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Selenium: 12.47µg (17.81%), Vitamin B3: 2.14mg (10.71%), Vitamin B6: 0.16mg (8.16%), Phosphorus: 80.44mg (8.04%), Manganese: 0.11mg (5.74%), Calcium: 39.46mg (3.95%), Potassium: 129.68mg (3.71%), Vitamin B5: 0.34mg (3.42%), Vitamin A: 168.4IU (3.37%), Magnesium: 12.84mg (3.21%), Vitamin E: 0.46mg (3.1%), Vitamin K: 3.11µg (2.96%), Vitamin C: 2.39mg (2.9%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.37mg (2.48%), Vitamin B1: 0.04mg (2.45%), Copper: 0.04mg (2.23%), Fiber: 0.55g (2.19%), Iron: 0.36mg (1.98%), Folate: 6.96µg (1.74%), Vitamin B12: 0.09µg (1.42%)