



Chicken Cakes Parmigiana

READY IN



20 min.

SERVINGS



4

CALORIES



479 kcal

Ingredients

- 0.5 cup breadcrumbs italian-style
- 1 eggs
- 2 tablespoons milk
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon garlic salt
- 2 cups rotisserie chicken cut finely chopped (from 2- to 2 1/2-lb chicken)
- 0.3 cup vegetable oil
- 1 cup pasta sauce
- 2 oz mozzarella cheese shredded

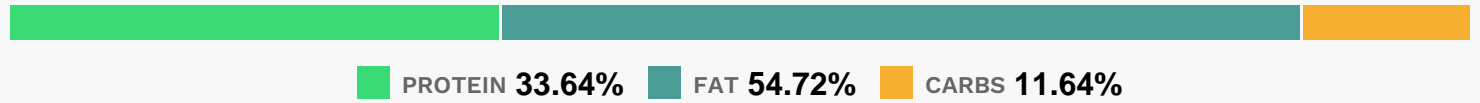
Equipment

- bowl
- frying pan
- paper towels

Directions

- In medium bowl, mix bread crumbs, egg, milk, Parmesan cheese and garlic salt. Stir in chicken.
- Shape chicken mixture by about 1/4 cupfuls into 8 (3-inch) cakes.
- In 12-inch nonstick skillet, heat oil over medium-high heat. Cook cakes in oil 4 to 5 minutes, turning once, until golden brown.
- Drain on paper towels.
- Serve cakes topped with pasta sauce and mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:8.9708695204362%

Nutrients (% of daily need)

Calories: 479.41kcal (23.97%), Fat: 29.34g (45.14%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 12.51g (4.55%), Sugar: 3.59g (3.99%), Cholesterol: 168.76mg (56.25%), Sodium: 1241.41mg (53.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.58g (81.17%), Vitamin K: 28.09µg (26.75%), Selenium: 10.57µg (15.11%), Vitamin E: 2.17mg (14.44%), Calcium: 142.53mg (14.25%), Phosphorus: 134.2mg (13.42%), Vitamin B2: 0.2mg (11.98%), Vitamin B1: 0.16mg (10.58%), Manganese: 0.2mg (10.01%), Vitamin A: 454.21IU (9.08%), Vitamin B12: 0.54µg (9.04%), Iron: 1.51mg (8.4%), Vitamin B3: 1.54mg (7.68%), Potassium: 250.24mg (7.15%), Zinc: 1.03mg (6.84%), Folate: 26.27µg (6.57%), Fiber: 1.53g (6.11%), Copper: 0.12mg (5.78%), Vitamin B6: 0.11mg (5.35%), Magnesium: 20.93mg (5.23%), Vitamin C: 4.29mg (5.2%), Vitamin B5: 0.49mg (4.88%), Vitamin D: 0.37µg (2.48%)