



Chicken Parmesan

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 to 6 basil leaves fresh
- 64 ounce tomatoes crushed canned
- 1 carrots chopped
- 1 stalk celery chopped
- 24 ounce chicken cutlets
- 2 bay leaves dried
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon thyme leaves fresh chopped

- 2 cloves garlic chopped
- 0.5 cup olive oil extra-virgin
- 3 tablespoons olive oil
- 1 small onion chopped
- 16 teaspoons parmesan grated
- 1 teaspoon parsley leaves fresh italian chopped
- 4 servings salt and pepper black freshly ground
- 4 servings sea salt and pepper black freshly ground
- 0.5 cup mozzarella cheese shredded
- 2 tablespoons butter unsalted cut into pieces
- 4 tablespoons butter unsalted

Equipment

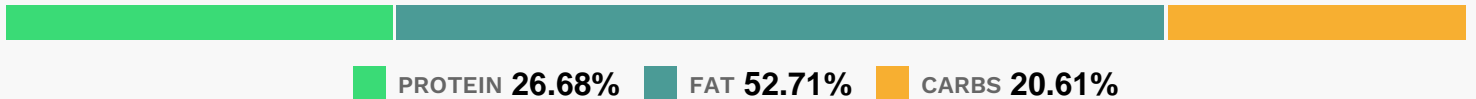
- food processor
- bowl
- frying pan
- oven
- pot
- ziploc bags

Directions

- Watch how to make this recipe.
- Preheat the oven to 500 degrees F.
- Stir the oil and herbs in a small bowl to blend. Season with salt and pepper.
- Brush both sides of the cutlets with the herb oil.
- Heat a large heavy oven-proof skillet over high heat.
- Add the cutlets and cook just until brown, about 2 minutes per side.
- Remove the skillet from the heat.
- Spoon the marinara sauce over and around the cutlets.

- Sprinkle 1 teaspoon of the mozzarella over each cutlet, then sprinkle 2 teaspoons of the Parmesan over each.
- Sprinkle the butter pieces atop the cutlets.
- Bake until the cheese melts and the chicken is cooked through, about 3 to 5 minutes.;
- In a large casserole pot, heat the oil over medium high heat.
- Add the onion and garlic and saute until soft and translucent, about 2 minutes.
- Add the celery and carrots and season with salt and pepper.
- Saute until all the vegetables are soft, about 5 minutes.
- Add the tomatoes, basil, and bay leaves and simmer covered on low heat for 1 hour or until thick.
- Remove the bay leaves and check for seasoning. If the sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.
- Add half the tomato sauce into the bowl of a food processor. Process until smooth. Continue with the remaining tomato sauce.
- If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

Nutrition Facts



Properties

Glycemic Index:109.71, Glycemic Load:10.49, Inflammation Score:-10, Nutrition Score:45.462174094242%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 706.05kcal (35.3%), Fat: 42.87g (65.96%), Saturated Fat: 16.65g (104.06%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 28.03g (10.19%), Sugar: 21.76g (24.18%), Cholesterol: 167.79mg (55.93%), Sodium: 970.15mg (42.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.83g (97.66%), Vitamin B3: 23.55mg

(117.74%), Vitamin B6: 2.04mg (101.79%), Selenium: 61.01µg (87.16%), Vitamin A: 4321.85IU (86.44%), Phosphorus: 600.98mg (60.1%), Potassium: 2091.72mg (59.76%), Vitamin E: 8.94mg (59.62%), Vitamin C: 47.68mg (57.79%), Manganese: 0.98mg (49.21%), Copper: 0.91mg (45.56%), Vitamin K: 43.25µg (41.19%), Iron: 6.99mg (38.81%), Fiber: 9.68g (38.72%), Vitamin B5: 3.85mg (38.49%), Magnesium: 146.47mg (36.62%), Vitamin B1: 0.48mg (31.98%), Calcium: 305.91mg (30.59%), Vitamin B2: 0.49mg (28.84%), Folate: 78.21µg (19.55%), Zinc: 2.86mg (19.08%), Vitamin B12: 0.74µg (12.38%), Vitamin D: 0.56µg (3.74%)