



## Chicken Parmesan

READY IN



40 min.

SERVINGS



4

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 ounces angel hair pasta
- 4 leaves basil plus more for topping
- 0.8 cup breadcrumbs
- 8 ounce tomato sauce canned
- 16 ounces chicken cutlets
- 1 large eggs
- 4 servings flour all-purpose for dredging
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic smashed

- 4 servings kosher salt
- 4 ounces mozzarella cheese sliced
- 0.3 cup olive oil extra-virgin
- 2 tablespoons parmesan cheese grated

## Equipment

- bowl
- frying pan
- sauce pan
- pot
- broiler

## Directions

- Bring a pot of salted water to a boil.
- Heat 1 tablespoon olive oil in a saucepan over medium heat; add the garlic and cook 1 minute.
- Add the tomato sauce, basil and 1 cup water. Bring to a simmer, then reduce the heat to medium low and cook until thickened, about 12 minutes.
- Meanwhile, pour some flour into a shallow bowl. Beat the egg with 1/4 cup water in another bowl.
- Mix the breadcrumbs, parsley and 1 tablespoon parmesan in a third bowl. Coat the chicken with the flour, then with the egg mixture and breadcrumbs.
- Transfer to a plate.
- Preheat the broiler. Cook the pasta as the label directs; drain. Meanwhile, heat the remaining olive oil in a large ovenproof skillet over medium-high heat.
- Add the chicken; cook until golden, 3 minutes per side. Top with the sauce, mozzarella and the remaining 1 tablespoon parmesan.
- Transfer to the broiler until melted, about 2 minutes.
- Transfer the chicken to plates. Toss the pasta with the remaining sauce in the skillet and serve with the chicken. Top with basil.
- Photograph by Antonis Achilleos

# Nutrition Facts

PROTEIN 25.12% FAT 41.38% CARBS 33.5%

## Properties

Glycemic Index:80.25, Glycemic Load:18.21, Inflammation Score:-7, Nutrition Score:28.86043472912%

## Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 683.57kcal (34.18%), Fat: 31.15g (47.92%), Saturated Fat: 8.03g (50.22%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 53.29g (19.38%), Sugar: 4.8g (5.34%), Cholesterol: 143.65mg (47.88%), Sodium: 986.02mg (42.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.55g (85.1%), Selenium: 80.9µg (115.57%), Vitamin B3: 14.98mg (74.9%), Vitamin B6: 1.05mg (52.4%), Phosphorus: 520.02mg (52%), Vitamin K: 49.68µg (47.32%), Manganese: 0.75mg (37.68%), Vitamin B1: 0.4mg (26.55%), Vitamin B2: 0.44mg (26.14%), Vitamin E: 3.91mg (26.06%), Calcium: 239.65mg (23.96%), Vitamin B5: 2.38mg (23.77%), Potassium: 792.7mg (22.65%), Magnesium: 80.63mg (20.16%), Iron: 3.47mg (19.25%), Zinc: 2.87mg (19.13%), Vitamin B12: 1.09µg (18.15%), Folate: 64.12µg (16.03%), Copper: 0.3mg (15.19%), Vitamin A: 755.28IU (15.11%), Fiber: 3.43g (13.72%), Vitamin C: 8.55mg (10.36%), Vitamin D: 0.49µg (3.26%)