



Chicken Parmesan

READY IN



35 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce chicken breasts skinless ()
- 4 cups soup noodles cooked
- 3 eggs
- 1 tablespoons parsley fresh minced
- 1.5 cups sauce red prepared
- 1 cup panko breadcrumbs
- 1 cup parmesan grated
- 1 tablespoon blended salt and pepper
- 1 cup flour seasoned with salt and pepper all-purpose

- 4 servings vegetable oil for frying
- 0.5 cup milk whole

Equipment

- bowl
- paper towels
- sauce pan
- oven
- whisk
- pot

Directions

- Slice the breast from the whole chicken if using. Then slice the breast in half lengthwise and remove the skin. Next, sprinkle the breasts with the salt and pepper blend. In a bowl, whisk together the milk and eggs until evenly blended. Next, blend the breadcrumbs and parsley and keep separate for breading.
- Preheat some oil in a large heavy pot to 350 degrees F for frying. Preheat the oven to 400 degrees F.
- To bread the chicken, dip a breast in the seasoned flour, then the egg wash and finally evenly coat with the breadcrumbs. Repeat the process with the remaining chicken. After breading all the chicken, place in the preheated oil and allow to cook for 2 minutes. Then flip and repeat cooking for a final 2 minutes, until golden brown. After cooking, remove and allow draining of any excess oil over paper towels.
- After frying, spoon 1 tablespoon of the red sauce on the cooked chicken and sprinkle with 2 tablespoons of the cheese. Then bake for 6 to 7 minutes to melt the cheese. Do not over sauce, over saucing will cause the chicken to get soggy.
- In a deep saucepan over medium heat, warm the remaining sauce until hot, and then toss in the cooked pasta and stir to evenly coat with the sauce. Once sauced and heated, portion to bowls and top with the baked chicken and finish with the remaining cheese.
- Serve.

Nutrition Facts



■ PROTEIN 28.66% ■ FAT 21.85% ■ CARBS 49.49%

Properties

Glycemic Index:55.13, Glycemic Load:34.58, Inflammation Score:-7, Nutrition Score:31.589130360147%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 817.08kcal (40.85%), Fat: 19.33g (29.74%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 98.54g (32.85%), Net Carbohydrates: 94.88g (34.5%), Sugar: 23.96g (26.63%), Cholesterol: 234.14mg (78.05%), Sodium: 3544.29mg (154.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.06g (114.13%), Selenium: 107.09µg (152.99%), Vitamin B3: 18.23mg (91.16%), Phosphorus: 694.54mg (69.45%), Vitamin B6: 1.25mg (62.48%), Calcium: 401.9mg (40.19%), Vitamin B2: 0.66mg (38.64%), Manganese: 0.77mg (38.61%), Vitamin B1: 0.55mg (36.36%), Vitamin B5: 3.11mg (31.08%), Iron: 5.06mg (28.13%), Folate: 105.91µg (26.48%), Magnesium: 90.49mg (22.62%), Vitamin K: 23.53µg (22.41%), Potassium: 759.19mg (21.69%), Zinc: 3.11mg (20.74%), Vitamin B12: 1.09µg (18.24%), Fiber: 3.67g (14.67%), Copper: 0.27mg (13.7%), Vitamin A: 549.62IU (10.99%), Vitamin D: 1.26µg (8.41%), Vitamin E: 1.02mg (6.83%), Vitamin C: 3.03mg (3.67%)