



Chicken Parmesan

READY IN



65 min.

SERVINGS



4

CALORIES



1071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup bread crumbs dried
- ☐ 8 ounce buffalo mozzarella cheese fresh drained
- ☐ 56 ounce tomatoes whole peeled drained canned
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 bunch basil leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup kalamata olives pitted

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 4 servings parmesan freshly grated
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 1 pound spaghetti pasta cooked
- ☐ 1 pinch sugar
- ☐ 1 tablespoon water

Equipment

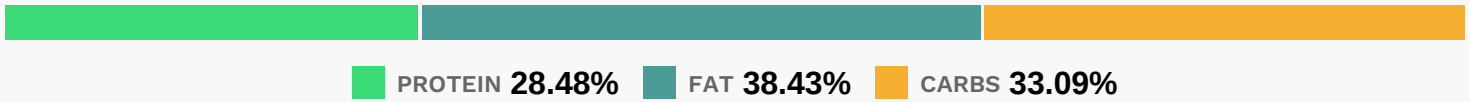
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat a saute pan with olive oil and place over medium heat. When the oil gets hazy, add the onions, garlic, and bay leaves; cook and stir for 5 minutes until fragrant and soft.
- ☐ Add the olives and some hand-torn basil. Carefully add the tomatoes (nothing splashes like tomatoes), cook and stir until the liquid is cooked down and the sauce is thick, about 15 minutes; season with sugar, salt and pepper. Lower the heat, cover, and keep warm.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Get the ingredients together for the chicken so you have a little assembly line.
- ☐ Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them. Pound the chicken breasts with a flat meat mallet, until they are about 1/2-inch thick.

- ☐ Put the flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly. In a wide bowl, combine the eggs and water, beat until frothy.
- ☐ Put the bread crumbs on a plate, season with salt and pepper.
- ☐ Heat 3 tablespoons of olive oil over medium-high flame in a large oven-proof skillet. Lightly dredge both sides of the chicken cutlets in the seasoned flour, and then dip them in the egg wash to coat completely, letting the excess drip off, then dredge in the bread crumbs. When the oil is nice and hot, add the cutlets and fry for 4 minutes on each side until golden and crusty, turning once.
- ☐ Ladle the tomato-olive sauce over the chicken and sprinkle with mozzarella, Parmesan, and basil.
- ☐ Bake the Chicken Parmesan for 15 minutes or until the cheese is bubbly.
- ☐ Serve hot with spaghetti.

Nutrition Facts



Properties

Glycemic Index:94.9, Glycemic Load:25.77, Inflammation Score:-10, Nutrition Score:48.767825935198%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 1071.43kcal (53.57%), Fat: 45.75g (70.38%), Saturated Fat: 16.93g (105.79%), Carbohydrates: 88.65g (29.55%), Net Carbohydrates: 79.9g (29.05%), Sugar: 14.16g (15.73%), Cholesterol: 265.35mg (88.45%), Sodium: 1977.09mg (85.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.27g (152.55%), Calcium: 1845.52mg (184.55%), Selenium: 111.8µg (159.72%), Vitamin B3: 23.93mg (119.64%), Vitamin B6: 1.94mg (96.95%), Phosphorus: 829.23mg (82.92%), Manganese: 1.15mg (57.64%), Vitamin A: 2680.71IU (53.61%), Iron: 9.17mg (50.97%), Vitamin C: 41.66mg (50.5%), Vitamin B1: 0.74mg (49.02%), Vitamin B2: 0.82mg (48.37%), Potassium: 1652.51mg (47.21%), Vitamin E: 6.05mg (40.35%), Vitamin B5: 3.81mg (38.06%), Magnesium: 145.43mg (36.36%), Fiber: 8.76g (35.03%), Folate: 124.39µg (31.1%), Copper: 0.59mg (29.68%), Vitamin K: 27.08µg (25.79%), Zinc: 3.85mg (25.68%), Vitamin B12: 1.02µg (16.95%), Vitamin D: 0.82µg (5.47%)