



Chicken Parmesan

READY IN



40 min.

SERVINGS



4

CALORIES



5105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 eggs slightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 teaspoon garlic fresh chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon kosher salt
- ☐ 1 quart favorite marinara sauce store-bought

- ☐ 8 slices mozzarella cheese
- ☐ 2 quarts oil for deep-frying
- ☐ 1 tablespoon onion powder
- ☐ 2 cups panko bread crumbs
- ☐ 3 tablespoons freshly parsley leaves chopped
- ☐ 1 tablespoon cracked pepper black
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 24 ounce chicken breast boneless skinless thin pounded

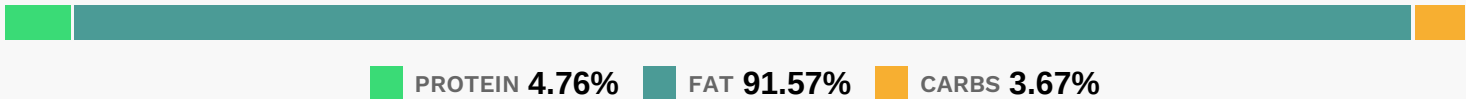
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil to 350 degrees F.
- ☐ Mix all seasonings together then divide into 2 parts. Season chicken breast with half of the seasoning on both sides.
- ☐ Add half of remaining seasoning and 3 tablespoons of chopped fresh parsley to bread crumbs and mix. Dip chicken in flour, then in eggs, then in bread crumbs. Fry chicken until golden brown, about 3 to 5 minutes). Simmer the marinara sauce in saucepan over medium heat.
- ☐ Place 2 slices of mozzarella cheese on each breast.
- ☐ Pour the warmed marinara sauce over the cheese, drizzle with White Sauce and serve.
- ☐ Heat the garlic and heavy cream in a medium saucepan, until simmering. Turn off heat, add butter, and whisk vigorously until fully incorporated.
- ☐ Add 1 tablespoon fresh parsley and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:9.08, Inflammation Score:-10, Nutrition Score:49.378695446512%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 5105.15kcal (255.26%), Fat: 527.82g (812.03%), Saturated Fat: 65.42g (408.85%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 41.47g (15.08%), Sugar: 12.93g (14.37%), Cholesterol: 333.21mg (111.07%), Sodium: 3781.6mg (164.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.75g (123.51%), Vitamin E: 87.85mg (585.63%), Vitamin K: 418.92µg (398.97%), Selenium: 85.29µg (121.85%), Vitamin B3: 22.75mg (113.77%), Vitamin B6: 1.69mg (84.42%), Phosphorus: 781.01mg (78.1%), Vitamin A: 3152.3IU (63.05%), Vitamin B2: 0.87mg (51.34%), Potassium: 1620.43mg (46.3%), Calcium: 462.21mg (46.22%), Manganese: 0.9mg (45.06%), Vitamin B5: 4.01mg (40.1%), Vitamin B1: 0.58mg (38.59%), Vitamin B12: 2.05µg (34.21%), Iron: 6.02mg (33.45%), Magnesium: 121.24mg (30.31%), Vitamin C: 24.95mg (30.24%), Zinc: 4.3mg (28.64%), Folate: 100.04µg (25.01%), Fiber: 6.11g (24.43%), Copper: 0.49mg (24.31%), Vitamin D: 1.79µg (11.93%)