



Chicken Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups water hot
- ☐ 1.5 cups milk
- ☐ 2 tablespoons butter
- ☐ 1 box parmesan crispy
- ☐ 1 lb chicken breast boneless skinless
- ☐ 1 tablespoon milk
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon vegetable oil

- ☐ 1 cup pasta sauce
- ☐ 1 oz mozzarella cheese shredded
- ☐ 1 leaves basil fresh

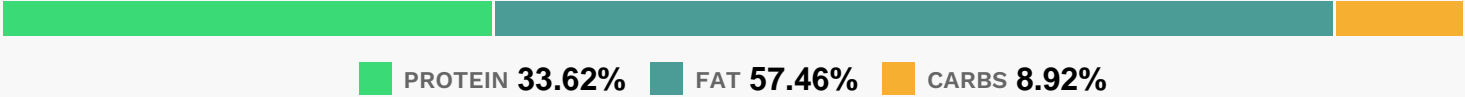
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In 2-quart nonstick saucepan, stir hot water, 1 1/2 cups milk, 2 tablespoons butter, and the sauce mix and uncooked pasta (from Chicken Helper box).
- ☐ Heat just to boiling, stirring frequently. Reduce heat. Simmer uncovered about 12 minutes, stirring frequently, until pasta is tender.
- ☐ Remove from heat. Sauce will thicken as it stands.
- ☐ Meanwhile, cut each chicken breast into 3 to 5 slices, holding knife at an angle. Slices should be about 1/2 inch thick.
- ☐ Place chicken in medium bowl.
- ☐ Add 1 tablespoon milk to moisten.
- ☐ Add seasoned crumbs (from Chicken Helper box) to coat chicken.
- ☐ In 10-inch nonstick skillet, heat 2 tablespoons butter and the oil over medium heat until butter is melted. Carefully add chicken to hot butter mixture; cook 4 to 6 minutes or until golden brown. Reduce heat to medium-low. Turn chicken, cook 4 to 6 minutes longer or until golden brown and centers are no longer pink.
- ☐ In 2-cup microwavable measuring cup, microwave pasta sauce uncovered on High 1 to 2 minutes or until hot. To serve, place chicken on individual plates. Spoon pasta sauce over chicken; sprinkle with cheese.
- ☐ Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:11.864782763564%

Nutrients (% of daily need)

Calories: 235.89kcal (11.79%), Fat: 15.05g (23.15%), Saturated Fat: 7.42g (46.36%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.64g (1.69%), Sugar: 4.56g (5.07%), Cholesterol: 79.92mg (26.64%), Sodium: 400.32mg (17.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.62%), Vitamin B3: 8.37mg (41.83%), Selenium: 26.58µg (37.97%), Vitamin B6: 0.65mg (32.36%), Phosphorus: 254.09mg (25.41%), Vitamin B5: 1.46mg (14.58%), Potassium: 502.47mg (14.36%), Vitamin B2: 0.21mg (12.17%), Calcium: 117.4mg (11.74%), Vitamin A: 573.24IU (11.46%), Vitamin B12: 0.62µg (10.33%), Magnesium: 35.18mg (8.8%), Vitamin E: 1.18mg (7.84%), Vitamin K: 6.76µg (6.44%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.95mg (6.3%), Vitamin D: 0.79µg (5.29%), Vitamin C: 3.78mg (4.58%), Iron: 0.7mg (3.88%), Copper: 0.08mg (3.87%), Manganese: 0.06mg (3%), Fiber: 0.61g (2.46%), Folate: 7.38µg (1.84%)