

# Chicken Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 box chicken crispy
- ☐ 1 leaves basil fresh
- ☐ 1 tablespoon milk
- ☐ 1.5 cups milk
- ☐ 1 cup pasta sauce
- ☐ 1 oz mozzarella cheese shredded
- ☐ 1 lb chicken breast boneless skinless

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 cups water hot

## 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

 **PROTEIN 39.26%**  **FAT 50.32%**  **CARBS 10.42%**

Properties

Glycemic Index:44.67, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:11.674782752991%

Nutrients (% of daily need)

Calories: 202.13kcal (10.11%), Fat: 11.25g (17.3%), Saturated Fat: 5g (31.25%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.63g (1.68%), Sugar: 4.56g (5.07%), Cholesterol: 69.89mg (23.3%), Sodium: 367.76mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.49%), Vitamin B3: 8.38mg (41.88%), Selenium: 26.52µg (37.88%), Vitamin B6: 0.65mg (32.38%), Phosphorus: 252.06mg (25.21%), Vitamin B5: 1.45mg (14.54%), Potassium: 501.51mg (14.33%), Vitamin B2: 0.2mg (12.06%), Calcium: 114.33mg (11.43%), Vitamin B12: 0.61µg (10.17%), Vitamin A: 455.55IU (9.11%), Magnesium: 35.05mg (8.76%), Vitamin E: 1.07mg (7.11%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.94mg (6.26%), Vitamin K: 6.44µg (6.13%), Vitamin D: 0.79µg (5.29%), Vitamin C: 3.78mg (4.59%), Iron: 0.7mg (3.88%), Copper: 0.08mg (3.87%), Manganese: 0.06mg (3%), Fiber: 0.61g (2.46%), Folate: 7.24µg (1.81%)