



Chicken Parmesan

READY IN



45 min.

SERVINGS



3

CALORIES



1223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings pepper black to taste
- ☐ 28 ounce tomatoes diced canned
- ☐ 17 ounces chicken breast boneless
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 leaf flat parsley minced for garnish
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 1 large eggs
- ☐ 1 large onion minced

- ☐ 2.8 ounces mozzarella cheese grated
- ☐ 2 teaspoons oregano dried
- ☐ 1 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 1.4 ounces parmesan grated
- ☐ 16 ounces pasta like spaghetti dried
- ☐ 2 tablespoons tomato paste
- ☐ 1 teaspoons frangelico to taste
- ☐ 3 servings frangelico minced
- ☐ 3 servings frangelico minced
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ casserole dish
- ☐ kitchen thermometer

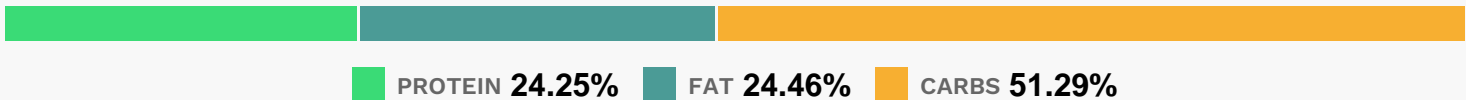
Directions

- ☐ Put the oven rack in the middle position and preheat to 350 degrees F (175 C). Put a cooling rack on top of a baking sheet. In a large bowl, combine the panko, rosemary, thyme and parmigiano reggiano. In a separate bowl, beat the egg until the yolk and white are well incorporated. Generously salt and pepper the chicken on both sides, then dust with flour to coat evenly. Dip the coated chicken in the egg, making sure to cover the whole surface of the chicken with egg, then transfer the chicken to the bowl with the breadcrumb mixture. Coat

both sides with a thick layer panko, pressing down on the chicken a bit to ensure an even coat.

- ☐ Place the chicken on the wire rack, then drizzle 2 tablespoons of olive oil evenly over the chicken.
- ☐ Put the baking sheet in the oven.
- ☐ Bake chicken for 20–25 minutes or until an instant read thermometer reads 160 degrees F (71 C).While the chicken is in the oven, heat a frying pan over medium heat and add the remaining 1 tablespoon of olive oil, along with the garlic and onions.
- ☐ Saute until the onions are translucent and start turning brown around the edges.
- ☐ Add the canned tomatoes, tomato paste, and dried oregano, then salt and pepper to taste. Simmer until the sauce is no longer watery. Bring a large pot of well salted water to a boil. After removing the chicken from the oven, increase the temperature to 500 degrees F (260 C).
- ☐ Pour the sauce into a casserole dish, then top with the baked chicken.
- ☐ Sprinkle with the Mozzarella and you can top with additional Parmesan if you'd like.
- ☐ Bake the Chicken Parmesan until the sauce is bubbly and the cheese has formed a golden brown crust on top. Boil the pasta according to the package directions, drain, then toss with olive oil.
- ☐ Serve the Chicken Parmesan over a bed of spaghetti with a sprinkle of parsley for garnish.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:53.56, Inflammation Score:-10, Nutrition Score:48.759565498518%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 1223.42kcal (61.17%), Fat: 33.05g (50.84%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 155.97g (51.99%), Net Carbohydrates: 145.33g (52.85%), Sugar: 15.56g (17.29%), Cholesterol: 194.71mg (64.9%), Sodium: 1209.68mg (52.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.73g (147.47%), Selenium: 169.84µg (242.63%), Vitamin B3: 23.71mg (118.54%), Manganese: 2.13mg (106.39%), Vitamin B6: 1.94mg (96.89%), Phosphorus: 967.93mg (96.79%), Calcium: 504.48mg (50.45%), Potassium: 1751.95mg (50.06%), Magnesium: 189.43mg (47.36%), Vitamin B1: 0.69mg (46.2%), Iron: 8.18mg (45.46%), Vitamin B2: 0.77mg (45.04%), Fiber: 10.64g (42.56%), Vitamin C: 34.29mg (41.57%), Copper: 0.83mg (41.44%), Vitamin B5: 3.88mg (38.77%), Zinc: 5.39mg (35.92%), Vitamin E: 5.28mg (35.22%), Vitamin K: 34.21µg (32.58%), Folate: 120.47µg (30.12%), Vitamin B12: 1.3µg (21.69%), Vitamin A: 945.3IU (18.91%), Vitamin D: 0.67µg (4.44%)