



Chicken Parmesan

READY IN



16 min.

SERVINGS



2

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 skinned and boned chicken breasts
- ☐ 2 egg whites lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 cup italian-seasoned breadcrumbs
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 servings tomato sauce

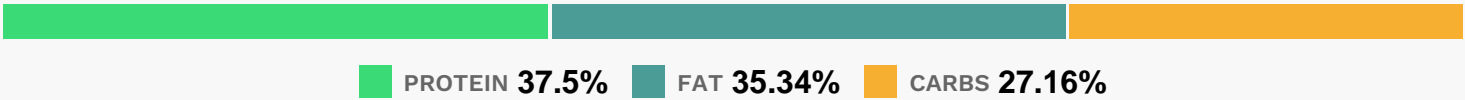
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine breadcrumbs, flour, and ground red pepper in a small bowl, and set aside.
- ☐ Place chicken between two sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Dip 1 chicken breast in egg whites, and coat with breadcrumb mixture. Dip again in egg mixture, and coat again in breadcrumb mixture.
- ☐ Repeat procedure with remaining chicken breast.
- ☐ Cook chicken in hot oil over medium heat 2 to 3 minutes on each side or until done.
- ☐ Place chicken breasts in a single layer in a lightly greased 8-inch square baking dish. Top evenly with Tomato Sauce and cheeses.
- ☐ Bake at 350 for 20 minutes or until cheeses melt.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:6.62, Inflammation Score:-9, Nutrition Score:42.786522243334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 843.84kcal (42.19%), Fat: 32.74g (50.36%), Saturated Fat: 12.46g (77.89%), Carbohydrates: 56.6g (18.87%), Net Carbohydrates: 51.48g (18.72%), Sugar: 8.68g (9.64%), Cholesterol: 200.35mg (66.79%), Sodium: 2264.52mg (98.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.15g (156.3%), Selenium: 110.36µg (157.65%), Vitamin B3: 29.07mg (145.34%), Vitamin B6: 1.96mg (98.16%), Phosphorus: 905.43mg (90.54%), Vitamin B1: 0.83mg (55.5%), Vitamin B2: 0.93mg (54.68%), Calcium: 534.98mg (53.5%), Manganese: 0.85mg (42.36%), Potassium: 1471.25mg (42.04%), Vitamin B5: 4.18mg (41.82%), Vitamin K: 37.62µg (35.83%), Vitamin B12: 2.13µg (35.58%), Iron: 5.72mg (31.76%), Magnesium: 126.02mg (31.5%), Zinc: 4.69mg (31.26%), Vitamin A: 1408.76IU (28.18%), Folate: 111.59µg (27.9%), Vitamin E: 3.68mg (24.54%), Fiber: 5.12g (20.46%), Copper: 0.38mg (18.95%), Vitamin C: 13.29mg (16.11%), Vitamin D: 0.51µg (3.42%)