



Chicken Parmesan Hero Sandwiches

READY IN



40 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs slightly beaten
- ☐ 0.5 cup seasoned bread crumbs dry italian
- ☐ 1 lb pasta sauce ragu® old world style®
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 lb chicken breast boneless skinless
- ☐ 4 portugese rolls italian halved lengthwise

Equipment

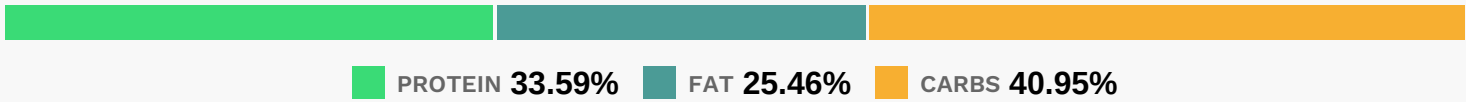
- ☐ oven

☐ glass baking pan

Directions

- ☐ Preheat oven to 400 . Dip chicken in egg, then bread crumbs, coating well. In 13- x 9-inch glass baking dish, arrange chicken.
- ☐ Bake uncovered 20 minutes.
- ☐ Pour Pasta Sauce over chicken, then top with cheese.
- ☐ Bake an additional 10 minutes or until chicken is thoroughly cooked. To serve, arrange chicken and sauce on rolls. Preparation time: 10 Minute(s) Cook time: 30 Minute(s)

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:25.07, Inflammation Score:-7, Nutrition Score:24.430869703707%

Nutrients (% of daily need)

Calories: 487.96kcal (24.4%), Fat: 13.68g (21.05%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 49.51g (16.5%), Net Carbohydrates: 46.01g (16.73%), Sugar: 9.56g (10.62%), Cholesterol: 136.04mg (45.35%), Sodium: 1355.34mg (58.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.62g (81.24%), Iron: 13.21mg (73.41%), Selenium: 48.87µg (69.81%), Vitamin B3: 13.91mg (69.57%), Vitamin B6: 1.02mg (50.77%), Phosphorus: 417.44mg (41.74%), Potassium: 827.74mg (23.65%), Vitamin B5: 2.27mg (22.68%), Vitamin B2: 0.38mg (22.34%), Calcium: 204.56mg (20.46%), Vitamin B1: 0.26mg (17.12%), Vitamin B12: 1.02µg (17.06%), Vitamin A: 805.03IU (16.1%), Magnesium: 60.38mg (15.1%), Manganese: 0.3mg (14.88%), Fiber: 3.5g (14%), Zinc: 2.09mg (13.94%), Vitamin E: 2.06mg (13.71%), Vitamin C: 9.7mg (11.76%), Vitamin K: 10.99µg (10.46%), Copper: 0.21mg (10.43%), Folate: 39.75µg (9.94%), Vitamin D: 0.45µg (2.98%)