



Chicken Parmesan Heroes

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 cups canned tomatoes thick canned crushed (from a 28-ounce can)
- 4 servings cooking oil for frying
- 0.5 cup bread crumbs dry
- 2 eggs beaten
- 2 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 4 small hero split (6 inches)
- 3 tablespoons olive oil
- 1 onion minced

- 0.5 cup parmesan grated
- 1.3 teaspoons salt
- 4 chicken breasts boneless skinless ()

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- broiler

Directions

- In a shallow bowl, combine the bread crumbs, Parmesan, 1/2 teaspoon of the salt, and 1/4 teaspoon of the black pepper.
- In a large saucepan, heat 1 tablespoon of the olive oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the garlic and stir for 30 seconds. Stir in the tomatoes, red-pepper flakes, and the remaining 3/4 teaspoon salt and 1/4 teaspoon black pepper. Bring to a simmer, reduce the heat, and simmer, stirring occasionally, until thickened, about 20 minutes.
- Remove from the heat and cover to keep warm.
- Meanwhile, in a large frying pan, heat 1/4 to 1/2 inch of cooking oil over moderate heat until very hot. Dip each chicken breast into the eggs and then into the bread crumbs, coating well. Fry in the hot oil, turning once, until golden brown and just cooked through, about 15 minutes in all.
- Drain on paper towels.
- While the chicken is cooking, heat the broiler.
- Brush the remaining 2 tablespoons olive oil over the cut-side of the rolls and toast under the broiler until golden, about 2 minutes. Spoon half the tomato sauce onto the bottom half of the rolls. Top with the chicken, the remaining sauce, and the other half of the rolls.
- Wine Recommendation: A simple wine befits a simple dish. Select a fresh, grapey Chianti to drink with these homey Italian-American heroes.

Nutrition Facts

PROTEIN 27.28% FAT 37.27% CARBS 35.45%

Properties

Glycemic Index:38.5, Glycemic Load:3.74, Inflammation Score:-8, Nutrition Score:31.632173641868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 606.22kcal (30.31%), Fat: 25.15g (38.7%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 48.67g (17.7%), Sugar: 9.42g (10.47%), Cholesterol: 162.66mg (54.22%), Sodium: 1686.14mg (73.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.83%), Selenium: 72.63µg (103.75%), Vitamin B3: 16.92mg (84.59%), Vitamin B6: 1.2mg (59.78%), Phosphorus: 502.72mg (50.27%), Vitamin B1: 0.61mg (40.72%), Manganese: 0.76mg (38.23%), Vitamin B2: 0.58mg (34.35%), Calcium: 303.52mg (30.35%), Iron: 5.43mg (30.19%), Vitamin E: 4.5mg (30%), Potassium: 1011.34mg (28.9%), Vitamin B5: 2.75mg (27.51%), Folate: 107.99µg (27%), Copper: 0.46mg (22.76%), Magnesium: 90.52mg (22.63%), Fiber: 5.16g (20.65%), Vitamin C: 16.85mg (20.42%), Vitamin K: 18.08µg (17.22%), Zinc: 2.46mg (16.43%), Vitamin A: 555.89IU (11.12%), Vitamin B12: 0.62µg (10.32%), Vitamin D: 0.62µg (4.1%)