



Chicken Parmesan Sandwiches

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic
- 0.3 tsp garlic powder
- 0.8 cup italian* five cheese blend shredded kraft
- 2 tsp penzey's southwest seasoning dried italian
- 6 leaf lettuce pieces
- 3 Tbsp olive oil divided
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup classico family favorites pasta sauce warmed traditional

- 6 oz shake & bake seasoned panko seasoned coating mix
- 1 lb chicken breasts boneless skinless
- 6 bolillos split
- 6 bolillos split

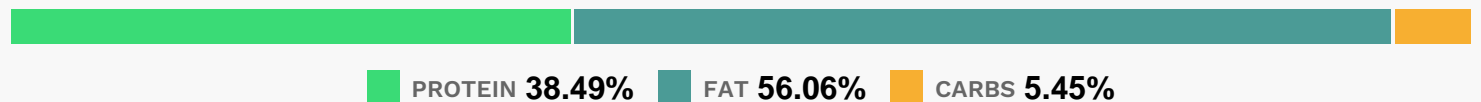
Equipment

- frying pan
- baking sheet

Directions

- Spray baking sheet with cooking spray.
- Combine first 5 ingredients in shallow dish. Moisten chicken with water.
- Add chicken pieces, 1 at a time, to coating mixture, turning to evenly coat both sides of each chicken piece.
- Place on prepared baking sheet. Lightly press coating mixture into chicken pieces to secure. Top with any remaining coating mixture.
- Reserve 1 Tbsp. oil for brushing onto split bolillos.
- Heat 1 Tbsp. of the remaining oil in large skillet on medium heat.
- Add 3 chicken pieces; cook 4 to 5 min. on each side or until done. Repeat with remaining oil and chicken. Meanwhile, toast cut sides of bolillos; rub with garlic pieces, then brush with reserved oil.
- Place lettuce on bottom halves of bolillos; top with chicken and pasta sauce. Cover with tops of bolillos.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:10.081304265105%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 219.33kcal (10.97%), Fat: 13.73g (21.12%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.92g (1.02%), Cholesterol: 54.81mg (18.27%), Sodium: 11272.95mg (490.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.41%), Vitamin B3: 8.13mg (40.66%), Selenium: 25.94µg (37.05%), Vitamin B6: 0.61mg (30.38%), Phosphorus: 194.47mg (19.45%), Vitamin B5: 1.17mg (11.71%), Potassium: 372.74mg (10.65%), Vitamin E: 1.59mg (10.61%), Vitamin K: 10.67µg (10.17%), Calcium: 90.37mg (9.04%), Magnesium: 26.86mg (6.72%), Vitamin B2: 0.11mg (6.42%), Manganese: 0.11mg (5.73%), Iron: 0.9mg (4.98%), Zinc: 0.73mg (4.87%), Vitamin B1: 0.06mg (4.02%), Vitamin A: 197.54IU (3.95%), Vitamin B12: 0.21µg (3.46%), Vitamin C: 2.73mg (3.31%), Copper: 0.06mg (3.1%), Fiber: 0.68g (2.72%), Folate: 8.93µg (2.23%)