



 **21%**
HEALTH SCORE

Chicken Parmesan With Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings angel hair pasta
- 4 servings breadcrumbs for coating
- 2 chicken breast cut in half, into two fillets
- 1 eggs beaten
- 1 cup salt and pepper with salt and pepper
- 1.5 teaspoons garlic powder
- 1 cup mozzarella cheese shredded low-fat
- 4 servings pasta sauce red
- 4 servings salt and pepper

2 tablespoons vegetable oil

Equipment

bowl

frying pan

baking sheet

sauce pan

oven

pot

Directions

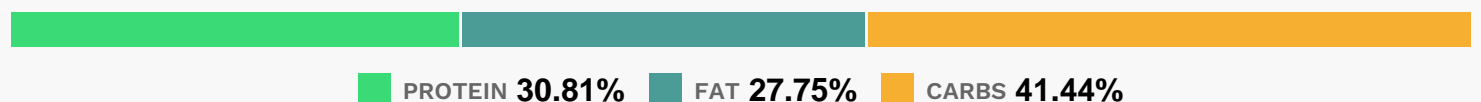
Preheat oven to 350. Start with cutting your chicken breasts into halves. Season both sides of your chicken with salt and pepper, then dredge each breast in flour. Be sure to coat each side and the edges.

Heat vegetable oil in a large skillet over medium-high heat. In a small sauce pan, warm your pasta sauce. Lightly beat 1 egg in a bowl. Put about 1 cup of bread crumbs in another bowl and season with a little garlic powder. Take your floured chicken and dip into the egg wash, coating all over, then into the bread crumbs. Bread all four chicken breasts.

Put the chicken into the skillet and cook for three minutes on each side, or until golden brown on each side.

Remove the chicken to a baking sheet. Finish the chicken in the 350 degree oven for 10-15 minutes. {Depending on how thick your chicken breasts, add more or less time.} In a large pot, boil the water needed for your pasta. We used angel hair which only takes 3-5 minutes to cook. But if you're using a penne or something denser you'll need more time for the pasta. Pull the chicken out and top with mozzarella cheese, put back into the oven to melt the cheese. Plate the pasta first, topped with chicken and the cover with sauce. If you're feeling zesty add a little fresh shaved Pecorino-Romano or grated Parmesan cheese!

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:18.95, Inflammation Score:-7, Nutrition Score:27.563043478261%

Nutrients (% of daily need)

Calories: 556.8kcal (27.84%), Fat: 17.02g (26.19%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 57.2g (19.07%), Net Carbohydrates: 53.02g (19.28%), Sugar: 6.86g (7.63%), Cholesterol: 131.32mg (43.77%), Sodium: 29466.58mg (1281.16%), Protein: 42.52g (85.05%), Selenium: 82.59µg (117.99%), Vitamin B3: 14.66mg (73.31%), Vitamin B6: 1.12mg (55.76%), Phosphorus: 549.95mg (54.99%), Manganese: 0.84mg (42.19%), Calcium: 298.46mg (29.85%), Potassium: 984.62mg (28.13%), Vitamin B5: 2.48mg (24.85%), Vitamin B2: 0.4mg (23.76%), Magnesium: 91.15mg (22.79%), Copper: 0.4mg (20.09%), Zinc: 2.89mg (19.25%), Iron: 3.37mg (18.71%), Vitamin E: 2.77mg (18.45%), Vitamin B1: 0.26mg (17.55%), Fiber: 4.18g (16.72%), Vitamin K: 17.37µg (16.54%), Vitamin A: 759.61IU (15.19%), Vitamin C: 9.94mg (12.05%), Folate: 44.57µg (11.14%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.42µg (2.79%)