



Chicken Parmesan with Pepperoni

READY IN



45 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup canola oil
- ☐ 2 large eggs
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 2 cups panko bread crumbs crushed finely Japanese bread crumbs
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated
- ☐ 2 ounces pepperoni sliced
- ☐ 30 servings salt and pepper freshly ground

- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1.5 cups tomato sauce

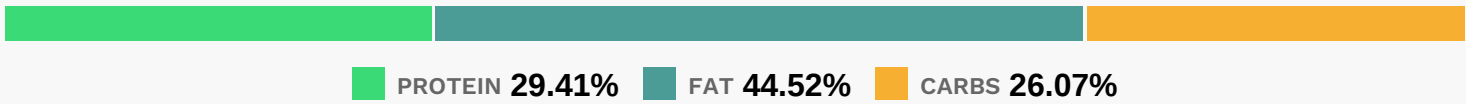
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat the oven to 45
- ☐ In a pie plate, beat the eggs with the milk.
- ☐ Spread the flour and panko in 2 separate pie plates. Season the chicken all over with salt and pepper and dust in the flour. Dip the chicken in the egg mixture and then in the panko; press to help the crumbs adhere.
- ☐ In a large skillet, heat the oil until shimmering.
- ☐ Add the chicken and fry over moderately high heat, turning once, until cooked through, about 7 minutes.
- ☐ Drain the chicken on paper towels, then transfer to a rimmed baking sheet. Top the chicken with the tomato sauce, Parmigiano, mozzarella and pepperoni.
- ☐ Bake the chicken for about 15 minutes, until the cheese is melted and bubbling.
- ☐ Transfer the chicken to plates, sprinkle with the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:4.2321739455928%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 83.47kcal (4.17%), Fat: 4.09g (6.29%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.85g (0.94%), Cholesterol: 27.64mg (9.21%), Sodium: 370.93mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Selenium: 9.04µg (12.92%), Vitamin B3: 2.19mg (10.95%), Phosphorus: 74.59mg (7.46%), Vitamin B6: 0.15mg (7.34%), Vitamin K: 6.04µg (5.75%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.09mg (5.05%), Calcium: 44.04mg (4.4%), Manganese: 0.08mg (4.04%), Vitamin B5: 0.37mg (3.75%), Potassium: 120.15mg (3.43%), Vitamin B12: 0.2µg (3.41%), Iron: 0.59mg (3.27%), Vitamin E: 0.47mg (3.15%), Folate: 12.18µg (3.05%), Zinc: 0.42mg (2.8%), Vitamin A: 133.07IU (2.66%), Magnesium: 10.17mg (2.54%), Copper: 0.04mg (1.84%), Fiber: 0.43g (1.72%), Vitamin C: 1.39mg (1.69%)