



Chicken Parmesan with Spaghetti

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 6 garlic cloves thinly sliced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1.5 tablespoons olive oil divided

- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parmigiano-reggiano cheese grated
- ☐ 2 ounces part-skim mozzarella cheese thinly sliced
- ☐ 29 ounce petite-diced tomatoes unsalted drained canned
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 4 ounces pasta like spaghetti uncooked

Equipment

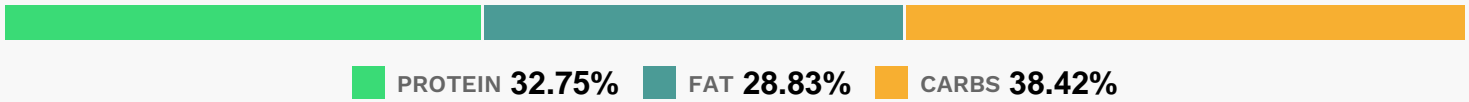
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, place tomatoes in a food processor; process until almost smooth.
- ☐ Heat a saucepan over medium-low heat.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add pepper and garlic; cook 1 minute or until fragrant, stirring occasionally.
- ☐ Add tomatoes and 3/8 teaspoon salt; cook 15 minutes or until slightly thickened, stirring occasionally. Stir in chopped basil. Toss 1 cup sauce with pasta; keep warm.
- ☐ While sauce cooks, split each chicken breast half horizontally to form 2 cutlets (4 total).
- ☐ Combine flour, garlic powder, and remaining 1/8 teaspoon salt.
- ☐ Sprinkle tops of cutlets with half of flour mixture; pat evenly onto cutlets. Turn cutlets over.
- ☐ Sprinkle with remaining flour mixture; pat onto cutlets. Shake off any excess flour.
- ☐ Place egg in a shallow dish.

- ☐ Combine panko and Parmigiano–Reggiano in another shallow dish. Dip cutlets in egg; dredge in panko mixture.
- ☐ Heat a large nonstick skillet over medium–high heat.
- ☐ Add remaining 1 tablespoon oil and butter to pan; swirl until butter melts.
- ☐ Add chicken to pan; cook 4 minutes on each side or until browned and done.
- ☐ Place chicken on a baking sheet; top evenly with mozzarella. Broil 2 minutes or until cheese melts.
- ☐ Arrange about 1/2 cup pasta mixture on each plate; top each with 1 cutlet and about 3 tablespoons remaining sauce.
- ☐ Sprinkle with torn basil, if desired.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:15.3, Inflammation Score:-8, Nutrition Score:30.733043390772%

Flavonoids

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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 487.13kcal (24.36%), Fat: 15.75g (24.24%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 41.75g (15.18%), Sugar: 10.61g (11.79%), Cholesterol: 135.08mg (45.03%), Sodium: 967.29mg (42.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.26g (80.53%), Selenium: 66.75µg (95.35%), Vitamin B3: 15.65mg (78.24%), Vitamin B6: 1.32mg (65.93%), Phosphorus: 519.17mg (51.92%), Manganese: 0.86mg (42.82%), Potassium: 1172.89mg (33.51%), Calcium: 299.98mg (30%), Copper: 0.55mg (27.62%), Vitamin C: 21.95mg (26.61%), Vitamin B5: 2.64mg (26.36%), Vitamin E: 3.84mg (25.61%), Vitamin B1: 0.38mg (25.16%), Iron: 4.52mg (25.1%), Magnesium: 100.06mg (25.01%), Vitamin B2: 0.42mg (24.45%), Fiber: 5.48g (21.92%), Vitamin K: 21.71µg (20.68%), Zinc: 2.57mg (17.11%), Vitamin A: 808.24IU (16.16%), Folate: 60.41µg (15.1%), Vitamin B12: 0.56µg (9.29%), Vitamin D: 0.44µg (2.91%)