

food
network



HEALTH SCORE

56%

Chicken Parmigiana

READY IN

**65 min.**

SERVINGS

**4**

CALORIES

**1074 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup bread crumbs dried plain
- ☐ 56 ounce tomatoes whole peeled drained canned
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley leaves chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 bunch basil leaves fresh
- ☐ 8 ounce mozzarella cheese fresh thinly sliced
- ☐ 2 garlic cloves minced

- ☐ 2 teaspoons garlic powder
- ☐ 0.5 cup kalamata olives pitted
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 cup parmesan freshly grated for sprinkling
- ☐ 1 pinch pepper flakes red
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 1 pound spaghetti pasta cooked
- ☐ 1 pinch sugar
- ☐ 1 tablespoon water

Equipment

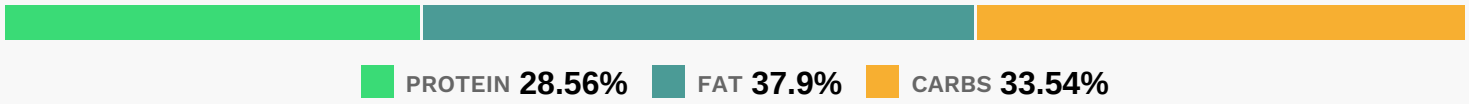
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Coat a saute pan with olive oil and place over medium heat. When the oil gets hazy, add the onions, garlic, and bay leaves; cook and stir for 5 minutes until fragrant and soft.
- ☐ Add the olives and some hand-torn basil, reserve the rest of the basil for finishing the chicken. Carefully add the tomatoes (nothing splashes like tomatoes), cook and stir until the liquid is cooked down and the sauce is thick, about 15 minutes; season with sugar, red pepper flakes, salt and pepper. Lower the heat, cover, and keep warm.
- ☐ Get the ingredients together for the chicken so you have a little assembly line.
- ☐ Put the flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly. In a wide bowl, combine the eggs and water, beat until frothy.

- ☐ Put the bread crumbs on a plate, add the 1 cup parmesan, chopped parsley, and garlic powder Season with salt and pepper and stir with a fork until thoroughly combined.
- ☐ Heat 3 tablespoons of olive oil over medium-high flame in a large oven-proof skillet. Lightly dredge both sides of the chicken cutlets in the seasoned flour, and then dip them in the egg wash to coat completely, letting the excess drip off, then dredge in the bread crumbs. When the oil is nice and hot, add the cutlets and fry for 4 minutes on each side until golden and crusty, turning once.
- ☐ Ladle the tomato-olive sauce over the chicken and arrange the mozzarella on top.
- ☐ Sprinkle with Parmesan, and remaining basil.
- ☐ Bake for 15 minutes or until the cheese is bubbly.
- ☐ Serve hot with spaghetti.

Nutrition Facts



Properties

Glycemic Index:110.9, Glycemic Load:26.18, Inflammation Score:-9, Nutrition Score:54.726086678712%

Flavonoids

Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 1074.3kcal (53.72%), Fat: 45.27g (69.65%), Saturated Fat: 16.16g (101.01%), Carbohydrates: 90.12g (30.04%), Net Carbohydrates: 80.97g (29.45%), Sugar: 14.3g (15.89%), Cholesterol: 263.65mg (87.88%), Sodium: 2026.11mg (88.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.75g (153.5%), Selenium: 120.69µg (172.41%), Vitamin K: 151.33µg (144.12%), Vitamin B3: 24.09mg (120.43%), Phosphorus: 1005.88mg (100.59%), Vitamin B6: 1.99mg (99.38%), Calcium: 819.88mg (81.99%), Vitamin C: 51.65mg (62.61%), Manganese: 1.2mg (59.8%), Vitamin B2: 0.98mg (57.41%), Iron: 9.71mg (53.95%), Vitamin B1: 0.76mg (50.89%), Potassium: 1713.51mg (48.96%), Vitamin E: 6.22mg (41.5%), Magnesium: 159.51mg (39.88%), Vitamin A: 1991.54IU (39.83%), Vitamin B5: 3.9mg (39.05%), Vitamin B12: 2.25µg (37.5%), Zinc: 5.5mg (36.64%), Fiber: 9.15g (36.59%), Folate: 140.12µg (35.03%), Copper: 0.62mg (30.88%), Vitamin D: 1.02µg (6.81%)