

Chicken Parmigiana

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cornflakes crushed
- ☐ 2 egg whites lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon paprika
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce skinned
- ☐ 26 ounce spaghetti sauce low-fat

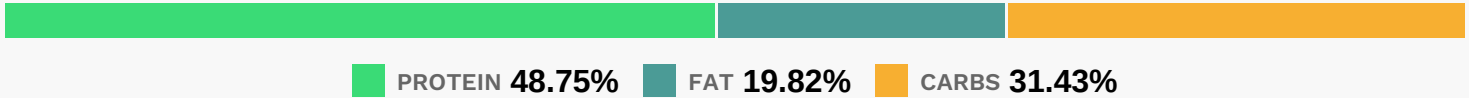
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine the first 4 ingredients in a shallow dish. Dredge each piece of chicken in the flour mixture. Dip each piece of chicken in egg whites; dredge in cornflakes.
- ☐ Arrange chicken in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until crisp.
- ☐ Place spaghetti sauce in a medium saucepan, and cook over medium heat until thoroughly heated.
- ☐ Pour sauce over chicken, and sprinkle with cheese.
- ☐ Bake an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:5.96, Inflammation Score:-7, Nutrition Score:21.746086877325%

Nutrients (% of daily need)

Calories: 259.42kcal (12.97%), Fat: 5.7g (8.77%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 17.93g (6.52%), Sugar: 5.52g (6.14%), Cholesterol: 81.65mg (27.22%), Sodium: 886.51mg (38.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.07%), Vitamin B3: 15.16mg (75.81%), Selenium: 44.23µg (63.19%), Vitamin B6: 1.15mg (57.72%), Phosphorus: 356.36mg (35.64%), Vitamin B2: 0.46mg (26.92%), Iron: 4.69mg (26.06%), Potassium: 840.25mg (24.01%), Vitamin B5: 2.08mg (20.82%), Vitamin B1: 0.29mg (19.03%), Vitamin A: 842.33IU (16.85%), Folate: 63.41µg (15.85%), Magnesium: 57.83mg (14.46%), Vitamin C: 11.92mg (14.45%), Calcium: 136.58mg (13.66%), Vitamin E: 2.05mg (13.64%), Vitamin B12: 0.82µg (13.64%), Manganese: 0.23mg (11.36%), Copper: 0.21mg (10.43%), Zinc: 1.47mg (9.82%), Fiber: 2.4g (9.6%), Vitamin K: 4.12µg (3.92%), Vitamin D: 0.49µg (3.28%)