



## Classic Chicken Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes crushed undrained canned
- 4 cups pasta hot cooked uncooked ( 8 ounces pasta)
- 0.3 cup cooking wine dry red
- 3 garlic cloves minced
- 1 teaspoon garlic powder
- 1 cup onion finely chopped ( 1 medium)
- 2 teaspoons oregano dried divided
- 1.5 ounces parmesan cheese fresh grated

- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 3.5 ounces round buttery crackers whole wheat low-fat (such as Breton)

## Equipment

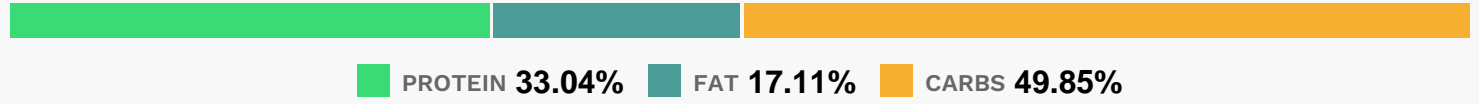
- food processor
- bowl
- frying pan
- oven
- plastic wrap
- baking pan
- meat tenderizer

## Directions

- Preheat oven to 350
- Place chicken breast halves between 2 sheets of heavy-duty plastic wrap, and pound each chicken breast half to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Place whole wheat crackers, 1 teaspoon dried oregano, and garlic powder in a food processor; pulse 5 times or until coarse crumbs measure 1 1/4 cups.
- Place the cracker mixture in a shallow bowl, and dredge chicken in cracker mixture.
- Place chicken in a 13 x 9-inch baking dish coated with cooking spray.
- Bake at 350 for 25 minutes or until the chicken is done.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion; saut 2 minutes.
- Add garlic; saut 1 minute or until mixture begins to brown.
- Add wine; cook 1 minute or until most of liquid evaporates. Stir in tomatoes, remaining 1 teaspoon oregano, salt, and pepper. Reduce heat to low, and simmer 5 minutes or until thoroughly heated.
- Spoon 2 cups tomato mixture over cooked chicken; sprinkle evenly with Parmesan cheese.
- Bake at 350 for 5 minutes or until cheese melts and sauce is bubbly.

- Remove from oven; let stand 5 minutes.
- Pour remaining 2 cups tomato mixture over cooked pasta, and toss.
- Serve pasta with chicken.
- Garnish with parsley sprigs, if desired.

## Nutrition Facts



### Properties

Glycemic Index:53.13, Glycemic Load:25.68, Inflammation Score:-9, Nutrition Score:37.652174089266%

### Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

### Nutrients (% of daily need)

Calories: 671.36kcal (33.57%), Fat: 12.66g (19.48%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 82.99g (27.66%), Net Carbohydrates: 72.81g (26.48%), Sugar: 11.7g (13%), Cholesterol: 116.09mg (38.7%), Sodium: 953.71mg (41.47%), Alcohol: 1.58g (100%), Alcohol %: 0.33% (100%), Protein: 55.02g (110.04%), Selenium: 99.55µg (142.21%), Vitamin B3: 22.04mg (110.2%), Vitamin B6: 1.8mg (89.87%), Manganese: 1.55mg (77.71%), Phosphorus: 680.52mg (68.05%), Potassium: 1460.63mg (41.73%), Fiber: 10.19g (40.75%), Magnesium: 150.04mg (37.51%), Iron: 6.53mg (36.26%), Copper: 0.7mg (34.81%), Vitamin B5: 3.47mg (34.72%), Vitamin C: 23.99mg (29.08%), Calcium: 251.41mg (25.14%), Vitamin B1: 0.36mg (24.27%), Vitamin K: 24.41µg (23.25%), Vitamin E: 3.46mg (23.08%), Zinc: 3.35mg (22.35%), Vitamin B2: 0.36mg (21.33%), Folate: 60.85µg (15.21%), Vitamin A: 579.41IU (11.59%), Vitamin B12: 0.47µg (7.8%), Vitamin D: 0.22µg (1.49%)