



## Crisp Chicken Marinara

READY IN



37 min.

SERVINGS



4

CALORIES



604 kcal

### Ingredients

- ☐ 1 carrots diced
- ☐ 2 cups orzo pasta hot cooked
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 cups lower-sodium marinara sauce (such as Amy's)
- ☐ 0.3 cup oil-cured olives pitted coarsely chopped
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 2 ounces parmesan cheese divided
- ☐ 0.3 cup red wine
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 5 tablespoons water divided

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ broiler

## Directions

- ☐ Heat 1 tablespoon oil in a saucepan over medium-high heat; swirl.
- ☐ Add onion and carrot; saut 3 minutes.
- ☐ Add garlic; saut for 1 minute, stirring constantly.
- ☐ Add wine; cook 2 minutes. Stir in marinara sauce, olives, and 1/4 cup water. Reduce heat to medium, and simmer for 10 minutes, stirring occasionally. Nestle chicken in sauce. Cover and simmer for 15 minutes or until chicken is almost done.
- ☐ Remove the chicken from pan.
- ☐ Preheat broiler to high.
- ☐ Combine remaining 1 tablespoon water and egg in a shallow dish. Grate 1 ounce cheese.
- ☐ Combine panko and grated cheese in a shallow dish. Coat chicken with egg mixture, and dredge in panko mixture.
- ☐ Heat remaining 1 1/2 tablespoons oil in an ovenproof skillet over medium-high heat; swirl.
- ☐ Place chicken in pan; saut for 2 minutes or until lightly browned. Turn chicken over.
- ☐ Place skillet in oven, and broil chicken for 3 minutes or until golden and done. Arrange 1/2 cup orzo in each of 4 shallow bowls; top with 1/2 cup sauce and 1 chicken breast half.
- ☐ Garnish with parsley; shave remaining 1 ounce cheese over top.

## Nutrition Facts

 **PROTEIN 35.07%**  **FAT 32.94%**  **CARBS 31.99%**

Properties

Glycemic Index:67.83, Glycemic Load:16.49, Inflammation Score:-10, Nutrition Score:33.949565161829%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 603.74kcal (30.19%), Fat: 21.37g (32.88%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 41.71g (15.17%), Sugar: 7.06g (7.85%), Cholesterol: 165mg (55%), Sodium: 1124.5mg (48.89%), Alcohol: 2.12g (100%), Alcohol %: 0.53% (100%), Protein: 51.19g (102.39%), Selenium: 89.26µg (127.52%), Vitamin B3: 19.88mg (99.4%), Vitamin B6: 1.57mg (78.34%), Vitamin A: 3388.81IU (67.78%), Phosphorus: 598.33mg (59.83%), Vitamin K: 44.2µg (42.1%), Potassium: 1145.87mg (32.74%), Vitamin B5: 3.23mg (32.31%), Manganese: 0.64mg (32.04%), Vitamin E: 3.68mg (24.57%), Calcium: 245.63mg (24.56%), Vitamin B2: 0.41mg (24.35%), Magnesium: 97.02mg (24.25%), Iron: 3.89mg (21.63%), Fiber: 4.99g (19.96%), Vitamin C: 15.69mg (19.02%), Vitamin B1: 0.27mg (18.05%), Zinc: 2.51mg (16.75%), Copper: 0.33mg (16.43%), Folate: 50.65µg (12.66%), Vitamin B12: 0.65µg (10.8%), Vitamin D: 0.49µg (3.27%)