Crispy Baked Quinoa Crusted Chicken Parmesan

♡ **Popular**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
45 min.	4	396 kcal

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 2 tablespoons basil
- [ ] 1 eggs lightly beaten
- [ ] 0.3 cup flour
- [ ] 2 cups tomatoes hot
- [ ] 0.3 cup parmigiano regginao grated (parmesan)
- [ ] 1.5 cups quinoa dry with 1 cup liquid) cooked
- [ ] 4 servings salt and pepper to taste

- [ ] 1 teaspoon seasoning blend italian
- [ ] 1 cup mozzarella cheese shredded
- [ ] 16 ounce chicken breasts boneless skinless

Equipment

- [ ] oven
- [ ] baking pan

Directions

- [ ] Season the chicken with salt and pepper, dredge in flour, dip in egg and coat in the mixture of the quinoa and italian seasoning.
- [ ] Place the chicken on a rack on a baking pan and bake in a preheated 400F oven until cooked and lightly golden brown, about 25-30 minutes.
- [ ] Transfer the chicken to a baking dish, top with the cheese and broil until it has melted, about 2-4 minutes.Plate the chicken and top with hot marinara sauce and fresh torn basil and enjoy!

Nutrition Facts

PROTEIN **39.89%**   FAT **31.19%**   CARBS **28.92%**
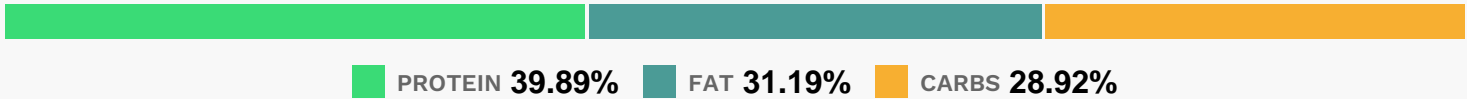
Properties

Glycemic Index:75.5, Glycemic Load:13.45, Inflammation Score:-8, Nutrition Score:26.296956632448%

Nutrients (% of daily need)

Calories: 396.15kcal (19.81%), Fat: 13.66g (21.01%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 24.29g (8.83%), Sugar: 5.39g (5.99%), Cholesterol: 139.86mg (46.62%), Sodium: 1202.46mg (52.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.62%), Selenium: 51.18µg (73.12%), Vitamin B3: 13.88mg (69.37%), Phosphorus: 550.67mg (55.07%), Vitamin B6: 1.1mg (54.98%), Manganese: 0.69mg (34.44%), Potassium: 962.58mg (27.5%), Vitamin B2: 0.46mg (27.15%), Calcium: 267.22mg (26.72%), Magnesium: 105.64mg (26.41%), Vitamin B5: 2.27mg (22.72%), Iron: 3.58mg (19.87%), Zinc: 2.89mg (19.28%), Vitamin A: 926.66IU (18.53%), Vitamin E: 2.7mg (18.02%), Vitamin B12: 1.04µg (17.3%), Folate: 68.43µg (17.11%), Vitamin B1: 0.25mg (16.93%), Fiber: 4.22g (16.88%), Copper: 0.34mg (16.81%), Vitamin C: 10.13mg (12.28%), Vitamin K: 11.72µg (11.16%), Vitamin D: 0.48µg (3.18%)