



## Crispy Chicken Parmesan

READY IN



40 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp butter melted
- 1.5 cups polly-o all natural low-moisture part-skim mozzarella cheese shredded
- 0.3 cup parmesan cheese grated kraft
- 0.8 cup classico family favorites pasta sauce traditional
- 0.3 cup seasoned bread crumbs dry
- 1.5 lb chicken breasts boneless skinless

### Equipment

- frying pan

oven

## Directions

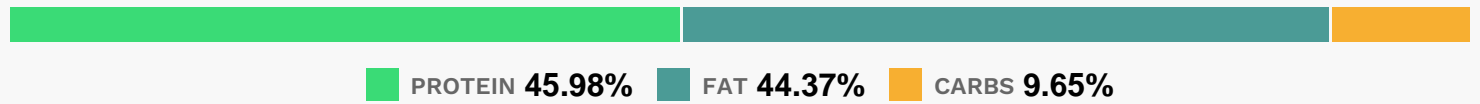
Heat oven to 400F.

Mix Parmesan and bread crumbs in pie plate or shallow dish. Dip chicken in butter, then in Parmesan mixture, turning to evenly coat both sides of each breast.

Place in 15x10x1-inch pan sprayed with cooking spray.

Bake 20 min. or until chicken is done (165F). Top with sauce and mozzarella; bake 10 min. or until mozzarella is melted.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:17.199565203294%

## Nutrients (% of daily need)

Calories: 296.9kcal (14.85%), Fat: 14.38g (22.12%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.33g (2.3%), Sugar: 1.89g (2.1%), Cholesterol: 95.82mg (31.94%), Sodium: 682.2mg (29.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Selenium: 47.19µg (67.42%), Vitamin B3: 12.47mg (62.36%), Vitamin B6: 0.92mg (45.91%), Phosphorus: 442.12mg (44.21%), Calcium: 265.34mg (26.53%), Vitamin B5: 1.79mg (17.89%), Vitamin B2: 0.28mg (16.27%), Potassium: 567.03mg (16.2%), Zinc: 2.06mg (13.73%), Vitamin B12: 0.79µg (13.17%), Magnesium: 46.09mg (11.52%), Vitamin A: 562.17IU (11.24%), Vitamin B1: 0.14mg (9.1%), Vitamin E: 0.99mg (6.58%), Iron: 1.04mg (5.78%), Manganese: 0.11mg (5.34%), Folate: 20.97µg (5.24%), Copper: 0.09mg (4.51%), Vitamin C: 3.65mg (4.42%), Vitamin K: 3.85µg (3.66%), Fiber: 0.7g (2.82%), Vitamin D: 0.25µg (1.69%)