



Crispy Chicken Parmesan

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs beaten
- ☐ 1 cup sauce italian traditional prego®
- ☐ 2 cups four cheese and garlic croutons pepperidge farm®
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 4 chicken breasts boneless skinless

Equipment

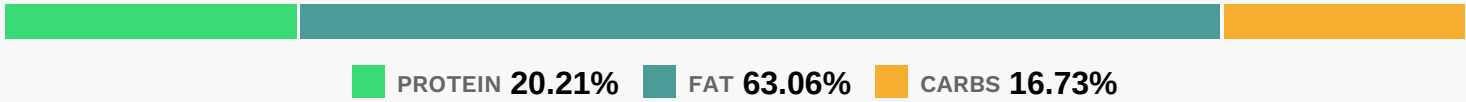
- ☐ baking sheet
- ☐ oven

- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Preheat oven to 375 degrees F. Spray baking sheet with vegetable cooking spray.
- ☐ Place croutons in zipper plastic bag. Close and crush with rolling pin until crumbs form.
- ☐ Dip chicken into egg. Coat with crumbs.
- ☐ Place chicken on prepared baking sheet. Spray chicken with vegetable cooking spray.
- ☐ Bake 20 minutes or until chicken is done. Spoon pasta sauce over chicken and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:12.243913003932%

Nutrients (% of daily need)

Calories: 630.75kcal (31.54%), Fat: 44.9g (69.07%), Saturated Fat: 24.02g (150.12%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 26.8g (9.75%), Sugar: 13.78g (15.31%), Cholesterol: 241.6mg (80.53%), Sodium: 1514.49mg (65.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.75%), Vitamin B3: 11.8mg (59.01%), Selenium: 40.73µg (58.18%), Vitamin B6: 0.87mg (43.38%), Phosphorus: 283.86mg (28.39%), Vitamin B5: 1.79mg (17.89%), Potassium: 438.6mg (12.53%), Vitamin B2: 0.18mg (10.77%), Vitamin B12: 0.48µg (8.06%), Magnesium: 32.1mg (8.02%), Zinc: 1mg (6.68%), Vitamin B1: 0.08mg (5.25%), Calcium: 47.16mg (4.72%), Iron: 0.64mg (3.56%), Vitamin A: 140.62IU (2.81%), Folate: 10.18µg (2.55%), Vitamin D: 0.36µg (2.41%), Vitamin E: 0.34mg (2.29%), Copper: 0.04mg (1.96%), Vitamin C: 1.36mg (1.64%), Manganese: 0.02mg (1.11%)