



Crispy Chicken Parmesan with Avocado Salsa

READY IN



25 min.

SERVINGS



25

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup avocados chopped
- 0.5 tsp chili powder
- 0.3 cup bread crumbs dry
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese divided grated kraft
- 1.5 lb chicken breasts boneless skinless
- 0.5 cup tomatillo salsa
- 0.5 cup tomatoes chopped

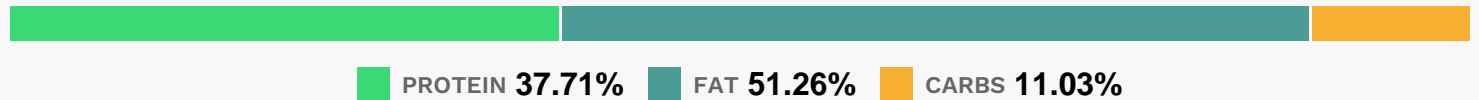
Equipment

- frying pan

Directions

- Combine bread crumbs and 1/4 cup cheese in shallow dish; set aside.
- Mix mayo and chili powder; spread onto both sides of chicken breasts. Coat evenly with bread crumb mixture.
- Heat oil in large skillet on medium heat.
- Add chicken; cook 4 to 5 min. on each side or until done (165F). Meanwhile, mash avocados with salsa.
- Place chicken on serving plate; top with avocado mixture, tomatoes and remaining cheese.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.6552173624868%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 70.12kcal (3.51%), Fat: 3.92g (6.02%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.49g (0.54%), Cholesterol: 19.52mg (6.51%), Sodium: 113.42mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin B3: 3.01mg (15.06%), Selenium: 9.61µg (13.73%), Vitamin B6: 0.22mg (10.9%), Phosphorus: 70.89mg (7.09%), Vitamin K: 5.08µg (4.84%), Vitamin B5: 0.45mg (4.49%), Potassium: 138.27mg (3.95%), Vitamin B2: 0.04mg (2.53%), Magnesium: 9.46mg (2.37%), Vitamin B1: 0.04mg (2.34%), Vitamin E: 0.31mg (2.08%), Vitamin A: 94.62IU (1.89%), Zinc: 0.27mg (1.78%), Calcium: 16.8mg (1.68%), Vitamin C: 1.21mg (1.46%), Folate: 5.71µg (1.43%), Manganese: 0.03mg (1.36%), Vitamin B12: 0.08µg (1.34%), Fiber: 0.32g (1.28%), Iron: 0.22mg (1.21%)