



Crispy Parmesan Chicken with Creamy Cauliflower Pasta

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cauliflower frozen
- ☐ 1.3 cups water hot
- ☐ 1.5 cups milk
- ☐ 4 tablespoons butter
- ☐ 1 box parmesan crispy
- ☐ 1 cup peas sweet frozen
- ☐ 1 lb chicken breast boneless skinless frozen thawed uncooked (if)

- ☐ 1 tablespoon milk
- ☐ 2 tablespoons vegetable oil

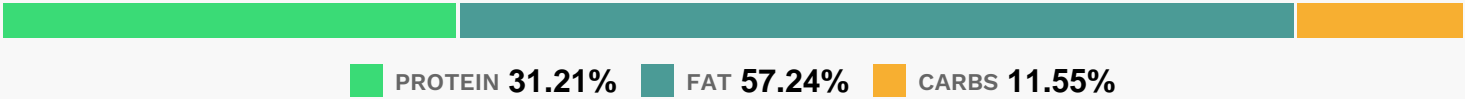
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ ziploc bags

Directions

- ☐ Cook frozen cauliflower as directed on package.
- ☐ Place cooked cauliflower in food processor. Cover; process until smooth, scraping down sides of bowl as necessary. Set aside.
- ☐ In 2-quart heavy saucepan, stir hot water, 1 1/2 cups milk, 2 tablespoons of the butter, and the sauce mix and uncooked pasta (from Chicken Helper box).
- ☐ Heat just to boiling, stirring frequently. Reduce heat; simmer uncovered about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Add cauliflower and frozen peas to pasta. Cook 2 minutes longer. Keep warm.
- ☐ Cut each chicken breast into 3 to 5 slices, holding knife at an angle. (Slices should be about 1/2 inch thick.)
- ☐ Place chicken in medium bowl or food-storage plastic bag.
- ☐ Pour 1 tablespoon milk over chicken to moisten.
- ☐ Add seasoned crumbs (from Chicken Helper box); coat chicken with crumbs.
- ☐ In 10- or 12-inch nonstick skillet, heat remaining 2 tablespoons butter and the oil over medium heat until butter is melted. Carefully add chicken; cook 4 to 6 minutes or until golden brown on bottom. Reduce heat to medium-low. Turn chicken; cook 4 to 6 minutes longer or until golden brown and no longer pink in center.
- ☐ Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:13.806956436323%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 255.86kcal (12.79%), Fat: 16.22g (24.96%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.65g (2.06%), Sugar: 4.74g (5.27%), Cholesterol: 56.12mg (18.71%), Sodium: 211.35mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.81%), Vitamin B3: 8.54mg (42.72%), Selenium: 25.97µg (37.1%), Vitamin B6: 0.68mg (33.87%), Phosphorus: 259.63mg (25.96%), Vitamin C: 18.63mg (22.58%), Vitamin K: 17.26µg (16.44%), Vitamin B5: 1.46mg (14.59%), Potassium: 487.84mg (13.94%), Vitamin A: 645.58IU (12.91%), Vitamin B2: 0.21mg (12.3%), Vitamin B1: 0.16mg (10.5%), Calcium: 97.94mg (9.79%), Magnesium: 38.63mg (9.66%), Vitamin B12: 0.51µg (8.42%), Folate: 28.34µg (7.08%), Zinc: 1.05mg (7.02%), Manganese: 0.14mg (6.94%), Fiber: 1.71g (6.84%), Vitamin E: 0.88mg (5.87%), Vitamin D: 0.77µg (5.17%), Copper: 0.08mg (3.93%), Iron: 0.71mg (3.93%)