



Easy Chicken Parmesan

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 large onion whole yellow grated (don't cut onion in half, just grate half of a onion)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 medium garlic cloves minced
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 teaspoon oregano dried
- ☐ 1 pinch pepper flakes red
- ☐ 1 pinch sugar
- ☐ 1.3 pounds chicken breast cutlets

- ☐ 4 servings salt
- ☐ 2 large eggs
- ☐ 1 cup breadcrumbs homemade
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 2 tablespoons basil leaves fresh thinly sliced
- ☐ 8 ounces mozzarella cheese sliced
- ☐ 4 servings sub rolls cooked

Equipment

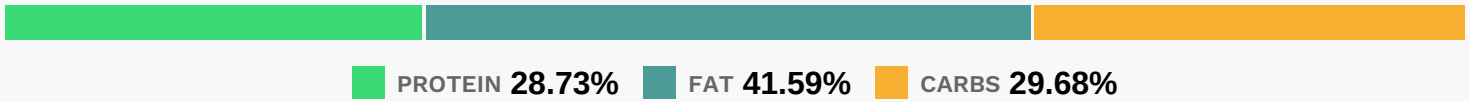
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ casserole dish
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Heat the olive oil in a saucepan on medium-high heat.
- ☐ Add the onions and sauté for 2 to 3 minutes.
- ☐ Add the minced garlic. Cook until fragrant, about a minute more.
- ☐ Then add the crushed tomatoes, oregano, red pepper flakes, and sugar. Bring to a simmer; reduce the heat to maintain the simmer. Cook, uncovered while you prepare the chicken (about 10 to 12 minutes).
- ☐ Preheat oven to 400°F.
- ☐ Pound cutlets thin:

- ☐ Place the chicken cutlets one at a time between two layers of plastic wrap or wax paper. Use a meat hammer, mallet, rolling pin, or even a heavy empty wine bottle to pound or roll the chicken pieces to an even thickness of 1/4 to 1/2-inch.
- ☐ Sprinkle salt on both sides of the cutlets.
- ☐ Prepare breadcrumbs and eggs for dredging: In a shallow bowl (large enough to dredge the cutlets), mix together the breadcrumbs, 1/2 cup Parmesan, and pinch of salt. In separate shallow bowl, whisk together the eggs.
- ☐ Heat 1/4 cup olive oil in a large sauté pan on medium-high heat until the oil is shimmering (not smoking) and a piece of breading dropped into it sizzles.
- ☐ Working one cutlet at a time, dip the chicken cutlet into the egg mixture and then into the breadcrumbs. Working in batches as to not crowd the pan, place the dredged cutlets into the pan.
- ☐ Lower the heat to medium and gently fry the chicken cutlets until they are golden brown on each side, about 3 to 4 minutes per side.
- ☐ Spread enough tomato sauce to thickly coat the bottom of a 9x13 casserole pan or baking dish. Once the cutlets are browned on both sides, arrange them on top of the tomato sauce in the baking dish.
- ☐ Spoon tomato sauce over each of the cutlets.
- ☐ Sprinkle the tops with sliced basil. Then lay slices of mozzarella over each cutlet and sprinkle with the remaining 1/2 cup of Parmesan cheese.
- ☐ Bake in the oven at 400°F for 10 to 12 minutes, or until the mozzarella begins to brown.
- ☐ Serve with pasta and the remaining sauce, or in a large roll.

Nutrition Facts



Properties

Glycemic Index:78.9, Glycemic Load:17.09, Inflammation Score:-9, Nutrition Score:42.71999976946%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 908.81kcal (45.44%), Fat: 42.06g (64.7%), Saturated Fat: 15.35g (95.96%), Carbohydrates: 67.53g (22.51%), Net Carbohydrates: 60.43g (21.98%), Sugar: 12.66g (14.07%), Cholesterol: 250.26mg (83.42%), Sodium: 1649.01mg (71.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.38g (130.77%), Selenium: 102.2µg (146%), Vitamin B3: 19.51mg (97.53%), Phosphorus: 872.84mg (87.28%), Vitamin B6: 1.57mg (78.29%), Calcium: 668.37mg (66.84%), Manganese: 1.04mg (51.91%), Vitamin B2: 0.74mg (43.65%), Potassium: 1363.13mg (38.95%), Vitamin B1: 0.56mg (37.62%), Vitamin B12: 2.23µg (37.18%), Iron: 6.66mg (36.99%), Vitamin E: 5.38mg (35.85%), Zinc: 5.32mg (35.44%), Vitamin B5: 3.4mg (33.99%), Magnesium: 130.83mg (32.71%), Copper: 0.61mg (30.44%), Vitamin K: 29.9µg (28.48%), Fiber: 7.1g (28.41%), Vitamin C: 22.01mg (26.67%), Vitamin A: 1272.9IU (25.46%), Folate: 89.01µg (22.25%), Vitamin D: 0.99µg (6.62%)