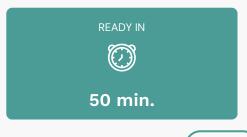


Easy Chicken Parmesan







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1.8 cups bread crumbs italian
2 pounds chicken cutlets thin
2 eggs
O.8 cup flour
6 oz parmesan grated
8 ounces part-skim mozzarella shredded
6 servings salt and pepper
26 oz spaghetti sauce low-sodium

0.5 cup vegetable oil

⊨qι	upment	
b	powl	
f	rying pan	
	paking sheet	
p	paper towels	
	oven	
k	paking pan	
V	vax paper	
Directions		
	Preheat oven to 375F. In a shallow dish, combine flour with 1/2 tsp. salt and 1/4 tsp. pepper. In a bowl, beat together eggs and 2 Tbsp. water.	
F	Place bread crumbs in another shallow dish.	
	Dredge chicken in flour, shaking off excess. Dip into egg mixture, letting excess drain. Dredge n bread crumbs, pressing on gently.	
F	Place on wax paper-lined baking sheet.	
li	n a large skillet, heat 2 Tbsp. oil over mediumhigh heat.	
	Add one-quarter of cutlets. Cook until golden, 1 1/2 to 2 minutes per side.	
	ransfer to a paper towel- lined baking sheet. Continue cooking with oil and chicken in three nore batches.	
F	Pour half of spaghetti sauce into a 13-inch baking pan.	
F	Place one layer of cutlets on top. Cover with half of mozzarella and half of Parmesan.	
	ayer with other cutlets and sauce.	
	Sprinkle with remaining mozzarella and Parmesan.	
E	Bake until hot and bubbling, 20 minutes.	
Nutrition Facts		

PROTEIN 40.84% FAT 41.41% CARBS 17.75%

Properties

Glycemic Index:24.5, Glycemic Load:10.98, Inflammation Score:-8, Nutrition Score:31.022173549818%

Nutrients (% of daily need)

Calories: 564.53kcal (28.23%), Fat: 25.69g (39.52%), Saturated Fat: 11.99g (74.93%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 22.22g (8.08%), Sugar: 7.65g (8.5%), Cholesterol: 194.8mg (64.93%), Sodium: 1691.05mg (73.52%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 57g (114%), Selenium: 70.74µg (101.06%), Vitamin B3: 18.4mg (92.02%), Phosphorus: 771.38mg (77.14%), Vitamin B6: 1.34mg (66.85%), Calcium: 666.69mg (66.67%), Vitamin B2: 0.59mg (34.78%), Vitamin B5: 2.99mg (29.86%), Potassium: 1036.84mg (29.62%), Zinc: 3.29mg (21.9%), Magnesium: 85.5mg (21.37%), Vitamin A: 1059.72IU (21.19%), Vitamin B1: 0.28mg (18.94%), Vitamin B12: 1.08µg (18.05%), Iron: 3.21mg (17.83%), Vitamin E: 2.63mg (17.55%), Folate: 63.12µg (15.78%), Manganese: 0.27mg (13.74%), Vitamin C: 10.41mg (12.62%), Copper: 0.23mg (11.69%), Vitamin K: 11.6µg (11.05%), Fiber: 2.55g (10.2%), Vitamin D: 0.7µg (4.66%)