



## Easy Chicken Parmesan

READY IN



50 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 cups bread crumbs italian
- 2 pounds chicken cutlets thin
- 2 eggs
- 0.8 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

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- wax 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.
- Place bread crumbs in another shallow dish.
- Dredge chicken in flour, shaking off excess. Dip into egg mixture, letting excess drain. Dredge in bread crumbs, pressing on gently.
- Place on wax paper-lined baking sheet.
- In 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.
- Transfer to a paper towel-lined baking sheet. Continue cooking with oil and chicken in three more batches.
- Pour half of spaghetti sauce into a 13-inch baking pan.
- Place one layer of cutlets on top. Cover with half of mozzarella and half of Parmesan.
- Layer with other cutlets and sauce.
- Sprinkle with remaining mozzarella and Parmesan.
- Bake until hot and bubbling, 20 minutes.

## Nutrition Facts



## 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: 0g (100%), Alcohol %: 0% (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%)