



Easy Chicken Parmesan

READY IN



35 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

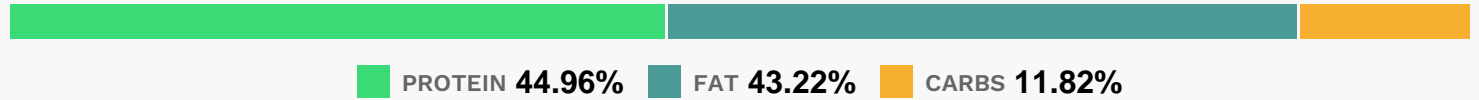
- 0.8 cup breadcrumbs plain
- 0.8 cup parmesan cheese grated
- 8 chicken cutlets boneless skinless halved ()
- 1 serving salt and pepper freshly ground
- 1 large eggs lightly beaten
- 2 cups tomato sauce jarred
- 0.3 cup olive oil
- 6 ounces mozzarella fresh cut into eight ¼-inch-thick slices

Equipment

Directions

- Chicken Parmesan
- Chicken Tenders Parmesan With Penne and Broccoli
- Chicken Parmesan Meatballs
- Pork
- Cutlets Parmesan
- Baked Eggplant Parmesan

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:39.057391270347%

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

Nutrients (% of daily need)

Calories: 840.71kcal (42.04%), Fat: 39.69g (61.06%), Saturated Fat: 12.97g (81.09%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 21.68g (7.88%), Sugar: 6.11g (6.79%), Cholesterol: 314.01mg (104.67%), Sodium: 1784.5mg (77.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 92.91g (185.82%), Vitamin B3: 38.09mg (190.44%), Selenium: 132.27µg (188.95%), Vitamin B6: 2.74mg (137.17%), Phosphorus: 1074.65mg (107.46%), Vitamin B5: 5.65mg (56.48%), Potassium: 1745.73mg (49.88%), Calcium: 458.87mg (45.89%), Vitamin B2: 0.74mg (43.73%), Vitamin B12: 2.08µg (34.75%), Magnesium: 132.05mg (33.01%), Zinc: 4.75mg (31.67%), Vitamin E: 4.68mg (31.19%), Vitamin B1: 0.47mg (31.04%), Vitamin A: 1149.58IU (22.99%), Iron: 3.98mg (22.1%), Manganese: 0.4mg (20.02%), Vitamin C: 12.65mg (15.34%), Copper: 0.31mg (15.28%), Vitamin K: 14.91µg (14.2%), Folate: 56.27µg (14.07%), Fiber: 2.75g (10.99%), Vitamin D: 0.85µg (5.69%)