



## Easy Weeknight Chicken Parmesan

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup style panko bread crumbs crispy italian progresso®
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 chicken breasts boneless skinless
- ☐ 8 ounces pasta like spaghetti uncooked

### Equipment

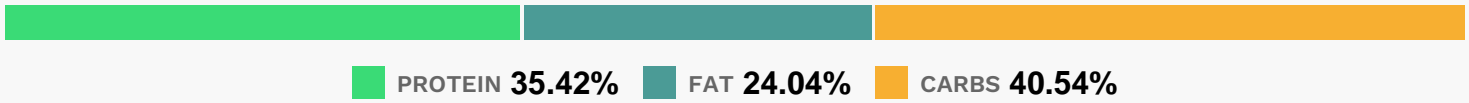
- ☐ frying pan

☐ ziploc bags

Directions

- ☐ Cook and drain spaghetti as directed on package.
- ☐ In large resealable food-storage plastic bag, mix bread crumbs, Parmesan cheese and 1/4 teaspoon pepper. Shake each chicken breast in bread crumb mixture; set aside.
- ☐ In 10-inch skillet, heat 2 tablespoons vegetable oil over medium-high heat.
- ☐ Add chicken breasts; cook 6 to 10 minutes, turning once, until browned.
- ☐ Pour cooking sauce around chicken; sprinkle chicken with remaining bread crumb mixture and mozzarella cheese.
- ☐ Heat to boiling. Cover; reduce heat to medium. Cook 5 to 8 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F) and cheese is melted.
- ☐ Serve with spaghetti.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:17.4, Inflammation Score:-5, Nutrition Score:21.179130611212%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 477.83kcal (23.89%), Fat: 12.47g (19.18%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 47.31g (15.77%), Net Carbohydrates: 45.24g (16.45%), Sugar: 2.19g (2.44%), Cholesterol: 100.11mg (33.37%), Sodium: 480.4mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.33g (82.67%), Selenium: 80.1µg (114.43%), Vitamin B3: 13.14mg (65.72%), Phosphorus: 511.96mg (51.2%), Vitamin B6: 0.97mg (48.47%), Manganese: 0.62mg (30.9%), Calcium: 269.49mg (26.95%), Vitamin B5: 1.97mg (19.68%), Magnesium: 71.22mg (17.81%), Zinc: 2.59mg (17.28%), Potassium: 589.3mg (16.84%), Vitamin B12: 0.98µg (16.36%), Vitamin B2: 0.28mg (16.22%), Vitamin B1: 0.19mg (12.42%), Copper: 0.22mg (10.87%), Iron: 1.61mg (8.97%), Fiber: 2.07g (8.28%), Vitamin A: 288.4IU (5.77%), Folate: 22.66µg (5.67%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.82mg (2.21%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.42µg (1.36%)