



## Grilled Chicken Cutlet Parmigiana

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup leaves fresh shredded
- 2 pounds chicken breast thin cut
- 28 ounce canned tomatoes diced fire roasted such as muir glenn brand canned
- 3 cloves garlic chopped
- 0.5 pound mozzarella cheese smoked thinly sliced
- 4 servings olive oil extra-virgin for drizzling, plus 2 tablespoons
- 1 small skinned onion yellow finely chopped
- 0.5 cup parmigiano-reggiano

- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper

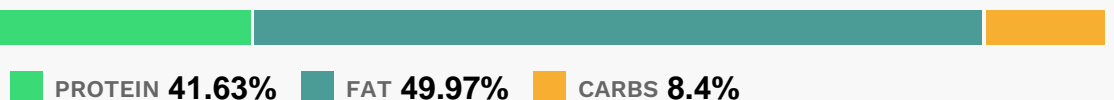
## Equipment

- frying pan
- pot
- casserole dish
- grill
- aluminum foil
- broiler
- stove
- grill pan

## Directions

- Heat outdoor grill or indoor grill pan to high. Season chicken with salt and pepper and drizzle with extra-virgin olive oil to keep it from sticking to the grill. Cook 3 to 4 minutes on each side and transfer to a foil covered platter to hold. If you are using a grill pan, cook the chicken in 2 batches if necessary. While chicken cooks, make sauce.
- Place a medium pot on the stove over medium heat.
- Add 2 tablespoons extra-virgin olive oil, 2 turns of the pan.
- Add garlic, crushed red pepper flakes and chopped onions. Cook 10 minutes, stirring often.
- Add tomatoes and heat through, 2 minutes. Wilt in the basil and season the sauce with salt and pepper.
- Preheat the broiler to high.
- Layer the chicken with fire roasted sauce in a casserole dish. Top the casserole with Parmigiano and mozzarella. Brown the casserole under the broiler 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:45.25, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:32.32956527627%

## 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: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

## Nutrients (% of daily need)

Calories: 660.19kcal (33.01%), Fat: 35.91g (55.25%), Saturated Fat: 12.75g (79.69%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 11.44g (4.16%), Sugar: 6.09g (6.76%), Cholesterol: 198.44mg (66.15%), Sodium: 1328.04mg (57.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.31g (134.62%), Selenium: 85.55µg (122.22%), Vitamin B3: 23.9mg (119.48%), Vitamin B6: 1.8mg (89.99%), Phosphorus: 777.11mg (77.71%), Calcium: 525.83mg (52.58%), Vitamin A: 1808.04IU (36.16%), Vitamin K: 35.93µg (34.22%), Vitamin B5: 3.42mg (34.2%), Vitamin B12: 1.9µg (31.61%), Potassium: 955.94mg (27.31%), Vitamin B2: 0.45mg (26.19%), Zinc: 3.44mg (22.94%), Magnesium: 82.71mg (20.68%), Vitamin E: 2.83mg (18.84%), Iron: 2.69mg (14.97%), Vitamin B1: 0.18mg (12.19%), Vitamin C: 9.37mg (11.36%), Manganese: 0.19mg (9.58%), Fiber: 2.14g (8.57%), Copper: 0.11mg (5.66%), Folate: 21.53µg (5.38%), Vitamin D: 0.52µg (3.44%)