



## Grilled Chicken Parmesan

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings baby arugula for serving
- 56 ounce tomatoes whole peeled canned
- 4 chicken cutlets (1 pound total)
- 0.3 cup basil leaves fresh roughly chopped
- 4 cloves garlic chopped
- 4 cloves garlic finely chopped
- 4 servings salt and ground pepper
- 1 juice of lemon

- 0.3 cup olive oil
- 4 tablespoons olive oil
- 1 large onion finely chopped
- 0.3 cup parmesan freshly grated
- 0.5 cup part skim mozzarella grated
- 0.1 teaspoon pepper flakes red
- 1 pinch pepper flakes red

## Equipment

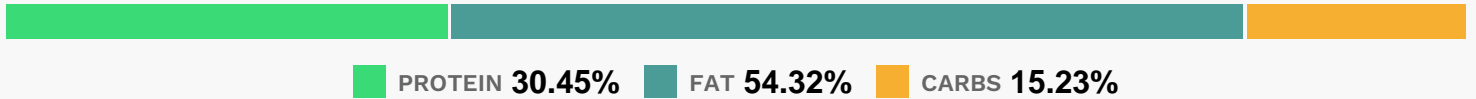
- sauce pan
- ladle
- whisk
- blender
- casserole dish
- grill
- grill pan

## Directions

- Heat a grill pan to medium-high heat.
- Whisk together the olive oil, lemon juice, garlic, red pepper flakes, and season with salt and pepper.
- Add the marinade to a zip-top bag and add the chicken. Adjust the chicken pieces so they are all coated with the marinade.
- Let sit out at room temperature for 10 to 15 minutes while you make the sauce. Grill the chicken for 3 to 4 minutes on each side.
- Add a ladleful of Basic Tomato Sauce to an 8- by 8-inch casserole dish.
- Place the chicken in the casserole dish, shingling slightly, and ladle some sauce on top.
- Sprinkle with the mozzarella and Parmesan. Broil until golden and bubbly, about 5 minutes.
- Serve over a bed of baby arugula.

- Add the tomatoes to a blender and puree until smooth.
- Heat the olive oil in a large saucepan over medium-high heat. Once hot, add the onions and saute until tender, about 5 minutes. Stir in the garlic and red pepper flakes and cook until the garlic is fragrant, about 1 minute.
- Add the tomatoes, bring to a boil, reduce the heat to a simmer and cook for 20 minutes. Stir in the basil the last minute of cooking.

## Nutrition Facts



### Properties

Glycemic Index:62, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:35.908695474915%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

### Nutrients (% of daily need)

Calories: 593.36kcal (29.67%), Fat: 36.44g (56.06%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 17.99g (6.54%), Sugar: 11.71g (13.01%), Cholesterol: 122.01mg (40.67%), Sodium: 958.9mg (41.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.97g (91.93%), Vitamin B3: 20.74mg (103.68%), Vitamin B6: 1.86mg (93.2%), Selenium: 59.32µg (84.75%), Vitamin C: 48.27mg (58.51%), Phosphorus: 567.72mg (56.77%), Vitamin E: 7.13mg (47.52%), Vitamin K: 46.37µg (44.16%), Potassium: 1523.84mg (43.54%), Calcium: 354.61mg (35.46%), Vitamin B5: 3.07mg (30.71%), Iron: 5.12mg (28.44%), Vitamin B2: 0.48mg (28.24%), Manganese: 0.55mg (27.35%), Magnesium: 105.49mg (26.37%), Vitamin B1: 0.33mg (21.91%), Fiber: 4.99g (19.98%), Vitamin A: 976.17IU (19.52%), Copper: 0.37mg (18.73%), Zinc: 2.3mg (15.34%), Folate: 59.82µg (14.95%), Vitamin B12: 0.53µg (8.83%), Vitamin D: 0.24µg (1.62%)