



Hearty Tomato Skillet Chicken Parmigiana

READY IN



35 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs italian-style
- 1 teaspoon basil dried
- 1 eggs
- 1 teaspoon garlic salt
- 0.3 cup parmesan cheese grated
- 2 oz mozzarella cheese shredded
- 1.3 lb chicken breast boneless skinless
- 19 oz all natural tomato soup hearty canned
- 2 tablespoons vegetable oil

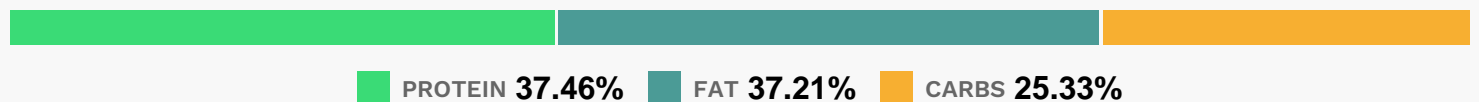
Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast, smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- In small bowl, mix bread crumbs, Parmesan cheese, garlic salt and basil. In another small bowl, beat egg with fork or wire whisk. Dip chicken into egg, then coat with crumb mixture.
- In 12-inch skillet, heat oil over medium heat.
- Add chicken; cook 5 to 7 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170F).
- Remove from skillet; keep warm.
- Pour soup into skillet; heat to boiling over medium-high heat. Boil 4 to 5 minutes, stirring occasionally, until slightly thickened.
- Return cooked chicken to skillet; reduce heat to low.
- Sprinkle mozzarella cheese over chicken. Cover; cook 2 to 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:7.02, Inflammation Score:-7, Nutrition Score:23.847826211349%

Flavonoids

Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 422.39kcal (21.12%), Fat: 17.4g (26.76%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 24.76g (9%), Sugar: 11.7g (13%), Cholesterol: 148.27mg (49.42%), Sodium: 1516.94mg (65.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.4g (78.79%), Selenium: 59.08µg (84.4%), Vitamin B3: 16.43mg (82.14%), Vitamin B6: 1.22mg (60.9%), Phosphorus: 462.82mg (46.28%), Potassium: 1338.63mg (38.25%), Vitamin C: 19.07mg (23.12%), Vitamin B5: 2.27mg (22.68%), Vitamin K: 22.29µg (21.23%), Vitamin B2: 0.3mg (17.89%), Calcium: 175.9mg (17.59%), Magnesium: 66.74mg (16.69%), Vitamin A: 781.54IU (15.63%), Manganese: 0.31mg (15.39%), Vitamin B1: 0.22mg (14.87%), Vitamin B12: 0.81µg (13.54%), Zinc: 2.01mg (13.39%), Iron: 2.16mg (11.99%), Vitamin E: 1.49mg (9.93%), Fiber: 1.88g (7.52%), Copper: 0.14mg (7.02%), Folate: 20.2µg (5.05%), Vitamin D: 0.45µg (3%)