



Herbed Chicken Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 pound chicken breast tenders
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large egg white lightly beaten
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1.5 ounces parmesan cheese fresh divided grated

- ☐ 1.5 ounces provolone cheese shredded
- ☐ 0.3 teaspoon salt divided
- ☐ 1.5 cups bottled tomato-basil pasta sauce fat-free organic (such as Muir Glen)

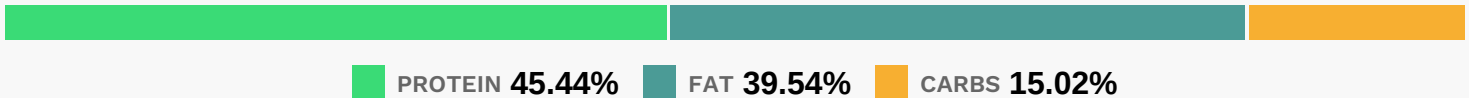
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler.
- ☐ Combine 2 tablespoons of Parmesan, breadcrumbs, parsley, basil, and 1/8 teaspoon salt in a shallow dish.
- ☐ Place egg white in a shallow dish. Dip each chicken tender in egg white; dredge in the breadcrumb mixture. Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on each side or until done. Set aside.
- ☐ Combine 1/8 teaspoon salt, pasta sauce, vinegar, and pepper in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave sauce mixture at HIGH 2 minutes or until thoroughly heated.
- ☐ Pour the sauce over chicken in pan.
- ☐ Sprinkle evenly with the remaining Parmesan and provolone cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:16.990434770999%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 301.23kcal (15.06%), Fat: 12.86g (19.79%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.08g (3.3%), Sugar: 4.38g (4.87%), Cholesterol: 94.66mg (31.55%), Sodium: 787.6mg (34.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.52%), Selenium: 43.62µg (62.31%), Vitamin B3: 12.35mg (61.76%), Vitamin B6: 0.88mg (43.92%), Phosphorus: 379.46mg (37.95%), Calcium: 246.18mg (24.62%), Vitamin K: 20.08µg (19.12%), Potassium: 634.86mg (18.14%), Vitamin B5: 1.78mg (17.78%), Vitamin B2: 0.25mg (14.71%), Vitamin A: 665.17IU (13.3%), Magnesium: 42.92mg (10.73%), Vitamin B1: 0.15mg (9.71%), Zinc: 1.42mg (9.47%), Vitamin B12: 0.55µg (9.11%), Fiber: 1.92g (7.66%), Iron: 1.37mg (7.63%), Vitamin C: 4.94mg (5.99%), Manganese: 0.12mg (5.83%), Folate: 15.93µg (3.98%), Copper: 0.06mg (3.12%), Vitamin E: 0.37mg (2.48%), Vitamin D: 0.22µg (1.46%)