



Herbed Chicken Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 pound chicken breast tenders
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 2 large egg whites lightly beaten
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 1.8 ounce provolone cheese cut into thin strips

☐ 1.5 cups tomato-basil pasta sauce jarred

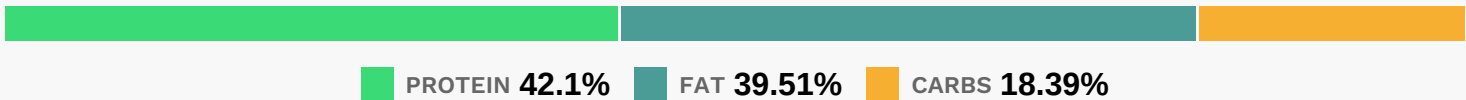
Equipment

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

Directions

- ☐ Preheat broiler.
- ☐ Combine 1/4 cup Parmesan cheese, breadcrumbs, parsley, and basil in a shallow dish; place egg whites in a bowl. Dip each chicken tender in egg whites; dredge in breadcrumb mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until chicken is done.
- ☐ Remove pan from heat.
- ☐ Combine pasta sauce and vinegar in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH 2 minutes or until thoroughly heated.
- ☐ Pour sauce over chicken in pan.
- ☐ Sprinkle remaining 1/4 cup Parmesan and layer provolone over chicken. Cover, and cook 2 minutes or until cheeses melt.
- ☐ Cut a chicken tender into bite-sized pieces.
- ☐ Serve the chicken and a spoonful of pasta in a bowl.
- ☐ Sprinkle the pasta with cheese.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:20.247391115064%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 359.71kcal (17.99%), Fat: 15.39g (23.67%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 13.85g (5.03%), Sugar: 4.91g (5.45%), Cholesterol: 91.02mg (30.34%), Sodium: 755.78mg (32.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.89g (73.78%), Selenium: 48.04µg (68.63%), Vitamin B3: 12.84mg (64.19%), Vitamin B6: 0.89mg (44.69%), Phosphorus: 426.86mg (42.69%), Vitamin K: 40.83µg (38.89%), Calcium: 319.87mg (31.99%), Vitamin B2: 0.33mg (19.6%), Potassium: 674.06mg (19.26%), Vitamin B5: 1.86mg (18.57%), Vitamin B1: 0.21mg (14.24%), Vitamin A: 708.58IU (14.17%), Magnesium: 49.99mg (12.5%), Zinc: 1.7mg (11.34%), Vitamin B12: 0.65µg (10.75%), Iron: 1.93mg (10.7%), Fiber: 2.27g (9.07%), Manganese: 0.18mg (8.9%), Vitamin C: 6.27mg (7.6%), Folate: 25.72µg (6.43%), Vitamin E: 0.83mg (5.55%), Copper: 0.09mg (4.28%), Vitamin D: 0.25µg (1.65%)