



How to Make Chicken Parmesan

READY IN



60 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 2 tablespoons flour all-purpose
- 0.3 cup basil fresh chopped
- 0.3 cup mozzarella cheese fresh cut into small cubes
- 1 tablespoon olive oil
- 4 cups panko bread crumbs
- 0.3 cup parmesan cheese grated
- 0.5 cup provolone cheese grated
- 4 servings salt and pepper black freshly ground to taste

- 4 chicken breast halves boneless skinless
- 0.5 cup tomato sauce prepared

Equipment

- bowl
- frying pan
- oven
- sieve
- baking pan
- kitchen thermometer
- meat tenderizer
- sifter

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Place chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2-inch. Season chicken thoroughly with salt and pepper.
- Beat eggs in a shallow bowl and set aside.
- Mix bread crumbs and 1/2 cup Parmesan in a separate bowl, set aside.
- Place flour in a sifter or strainer; sprinkle over chicken breasts, evenly coating both sides.
- Dip flour coated chicken breast in beaten eggs.
- Transfer breast to breadcrumb mixture, pressing the crumbs into both sides. Repeat for each breast. Set aside breaded chicken breasts for about 15 minutes.
- Heat 1 cup olive oil in a large skillet on medium-high heat until it begins to shimmer. Cook chicken until golden, about 2 minutes on each side. The chicken will finish cooking in the oven.
- Place chicken in a baking dish and top each breast with about 1/3 cup of tomato sauce.
- Layer each chicken breast with equal amounts of mozzarella cheese, fresh basil, and provolone cheese.
- Sprinkle 1 to 2 tablespoons of Parmesan cheese on top and drizzle with 1 tablespoon olive oil.

- Bake in the preheated oven until cheese is browned and bubbly, and chicken breasts are no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts

PROTEIN 31.68% **FAT 32.24%** **CARBS 36.08%**

Properties

Glycemic Index:69, Glycemic Load:2.76, Inflammation Score:-7, Nutrition Score:28.262173839237%

Nutrients (% of daily need)

Calories: 555.04kcal (27.75%), Fat: 19.54g (30.07%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 45.91g (16.69%), Sugar: 5.08g (5.64%), Cholesterol: 176.51mg (58.84%), Sodium: 1020.13mg (44.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.21g (86.42%), Selenium: 65.27µg (93.24%), Vitamin B3: 16.36mg (81.8%), Phosphorus: 539.42mg (53.94%), Vitamin B6: 1.01mg (50.52%), Vitamin B1: 0.71mg (47.04%), Calcium: 351.09mg (35.11%), Vitamin B2: 0.59mg (34.67%), Manganese: 0.67mg (33.59%), Vitamin B5: 2.5mg (25.03%), Iron: 4.39mg (24.39%), Folate: 92.23µg (23.06%), Potassium: 706.41mg (20.18%), Zinc: 2.92mg (19.49%), Vitamin B12: 1.12µg (18.61%), Magnesium: 72.58mg (18.14%), Vitamin K: 14.25µg (13.57%), Fiber: 3.31g (13.24%), Copper: 0.25mg (12.73%), Vitamin A: 611.56IU (12.23%), Vitamin E: 1.54mg (10.25%), Vitamin D: 0.69µg (4.63%), Vitamin C: 3.77mg (4.57%)