



 **34%**  
HEALTH SCORE

## Italian Chicken Sorrentino

READY IN



40 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 chicken cutlets
- 10 ounce eggplant frozen (cutlets)
- 4 servings basil fresh
- 4 servings basil fresh
- 0.3 teaspoon pepper
- 8 ounces pasta
- 25 ounce tomatoes
- 4 ounces mozzarella cheese thinly sliced
- 1 tablespoon olive oil

0.5 teaspoon salt

## Equipment

frying pan

oven

pot

## Directions

Preheat oven to 425 degrees.<sup>2</sup>

Bake eggplant according to package directions (which is approximately 10 minutes). Cook pasta according to package directions; drain.<sup>3</sup> Meanwhile, in large nonstick skillet, heat oil over medium-high heat.

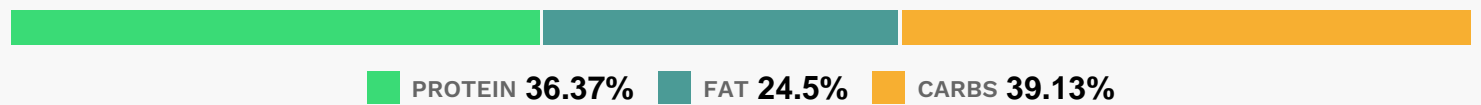
Sprinkle chicken with salt and pepper.

Add chicken to skillet and cook, turning once, until lightly golden, about 2 minutes per side.<sup>4</sup> On same pan used to bake eggplant, place chicken cutlets in single layer. Top each cutlet with about 2 T. sauce, eggplant slices, 2 more T. sauce and sliced cheese.

Bake until cheese is melted and bubbly, about 10 minutes. In pot, toss pasta with remaining sauce; heat through.

Serve chicken with pasta and garnish with basil leaves.

## Nutrition Facts



## Properties

Glycemic Index:79, Glycemic Load:20.88, Inflammation Score:-8, Nutrition Score:33.900434602862%

## Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 581.62kcal (29.08%), Fat: 15.78g (24.28%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 50.03g (18.19%), Sugar: 10.63g (11.81%), Cholesterol: 131.2mg (43.73%), Sodium: 1510.57mg

(65.68%), Alcohol: Og (100%), Protein: 52.73g (105.46%), Selenium: 96.35µg (137.64%), Vitamin B3: 20.98mg (104.89%), Vitamin B6: 1.6mg (80.2%), Phosphorus: 631.81mg (63.18%), Manganese: 0.97mg (48.53%), Potassium: 1479.08mg (42.26%), Vitamin B5: 3.46mg (34.64%), Magnesium: 119.2mg (29.8%), Fiber: 6.69g (26.78%), Vitamin K: 27.4µg (26.1%), Vitamin B2: 0.43mg (25.23%), Vitamin E: 3.74mg (24.94%), Vitamin A: 1237.84IU (24.76%), Copper: 0.49mg (24.57%), Zinc: 3.15mg (21.01%), Vitamin C: 16.72mg (20.27%), Calcium: 202.61mg (20.26%), Iron: 3.52mg (19.53%), Vitamin B12: 0.99µg (16.44%), Vitamin B1: 0.24mg (16%), Folate: 53.27µg (13.32%), Vitamin D: 0.28µg (1.89%)