



WHATShEATE



Italian-Seasoned Chicken Breasts

READY IN



44 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 0.8 lb skinned and boned chicken breast cutlets
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 4 servings garnish: parmesan cheese shredded
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup extra rice long-grain uncooked
- ☐ 0.5 teaspoon salt divided

- ☐ 2 cups tomato blend hearty
- ☐ 1 tablespoon vegetable oil

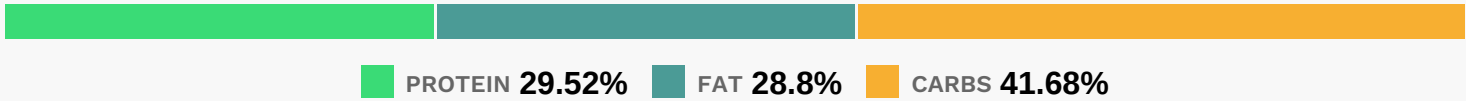
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Prepare rice according to package directions, adding celery with rice.
- ☐ Meanwhile, sprinkle chicken with 1/4 tsp. salt and 1/8 tsp. pepper.
- ☐ Combine breadcrumbs and remaining 1/4 tsp. salt in a shallow dish. Dip chicken in egg; dredge in breadcrumb mixture.
- ☐ Cook chicken in hot oil in a 10-inch nonstick skillet over medium-high heat 3 to 4 minutes on each side or until lightly browned and done.
- ☐ Remove from skillet, and drain well on paper towels. Keep warm.
- ☐ Heat 2 cups Hearty Tomato Blend in a small saucepan over medium heat 5 to 6 minutes or until thoroughly heated.
- ☐ Toss hot cooked rice with parsley, and place on a serving plate. Top with chicken. Spoon Hearty Tomato Blend over chicken and rice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:55.55, Glycemic Load:23.34, Inflammation Score:-8, Nutrition Score:24.98130466627%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin:

0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 504.21kcal (25.21%), Fat: 15.85g (24.38%), Saturated Fat: 6.63g (41.47%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 49.17g (17.88%), Sugar: 3.29g (3.66%), Cholesterol: 121.48mg (40.49%), Sodium: 1101.99mg (47.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.11%), Selenium: 48.53µg (69.33%), Vitamin B3: 11.12mg (55.61%), Vitamin K: 55.17µg (52.54%), Phosphorus: 512.45mg (51.24%), Vitamin B6: 0.85mg (42.74%), Calcium: 420.74mg (42.07%), Manganese: 0.78mg (38.93%), Vitamin A: 1183.46IU (23.67%), Vitamin B5: 2.2mg (21.98%), Vitamin B2: 0.35mg (20.45%), Potassium: 657.79mg (18.79%), Vitamin B1: 0.28mg (18.59%), Vitamin C: 14.55mg (17.64%), Magnesium: 65.51mg (16.38%), Zinc: 2.36mg (15.72%), Folate: 50.18µg (12.55%), Iron: 2.24mg (12.44%), Vitamin B12: 0.69µg (11.56%), Copper: 0.23mg (11.54%), Fiber: 2.45g (9.79%), Vitamin E: 1.17mg (7.78%), Vitamin D: 0.49µg (3.23%)