



## Lightened Chicken and Eggplant Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon cayenne pepper
- 4 chicken cutlets boneless skinless
- 3 cups rice cereal crispy such as rice chex, finely crushed
- 2 large egg whites lightly beaten
- 1 pound eggplant trimmed cut into 8 slices
- 0.3 cup flour all-purpose
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 4 servings kosher salt and pepper black freshly ground
- 1.3 cup no-salt-added tomatoes crushed

- 4 teaspoons olive oil
- 2 tablespoons parmesan grated
- 4 servings parsley chopped for garnish
- 0.5 cup part-skim mozzarella cheese shredded

## Equipment

- frying pan
- baking sheet
- oven
- baking pan
- broiler

## Directions

- Preheat the broiler. Mist both sides of the eggplant slices with nonstick cooking spray and sprinkle both sides with the Italian seasoning, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place on a rimmed baking sheet and broil until browned and tender, turning once, about 6 minutes. Set aside. Reduce the oven temperature to 425 degrees F.
- Meanwhile, combine the flour and cayenne in a shallow dish.
- Combine the egg whites and 1 teaspoon water in a second dish.
- Combine the cereal and parmesan cheese in a third dish. Working with 1 piece of chicken at a time, dredge with the flour and tap off the excess. Coat with the egg whites and then place in the cereal mix and press until well coated on both sides. Repeat with the remaining chicken.
- Mist a large nonstick skillet with nonstick cooking spray and heat over medium-high heat.
- Add 1/2 of the oil and then 2 pieces of the coated chicken. Cook, turning once, until the chicken is just cooked through, about 5 minutes.
- Transfer to a 9-by-13-inch baking dish coated with nonstick cooking spray and repeat with the remaining oil and chicken.
- Place 2 eggplant slices on each chicken cutlet and top evenly with the tomatoes and cheese. Return to the oven and bake until the cheese is melted and lightly browned, 15 to 20 minutes.
- Sprinkle with parsley and 1/4 teaspoon salt and pepper to taste.

# Nutrition Facts

PROTEIN 43.43% FAT 25.1% CARBS 31.47%

## Properties

Glycemic Index:67.75, Glycemic Load:8.47, Inflammation Score:-8, Nutrition Score:32.311304631441%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 431.55kcal (21.58%), Fat: 12.03g (18.51%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 28.23g (10.27%), Sugar: 7.93g (8.82%), Cholesterol: 119.46mg (39.82%), Sodium: 463.4mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.84g (93.68%), Vitamin B3: 20.68mg (103.38%), Selenium: 66.14µg (94.48%), Vitamin B6: 1.52mg (75.83%), Vitamin K: 78.72µg (74.97%), Phosphorus: 525.66mg (52.57%), Potassium: 1222.57mg (34.93%), Vitamin B5: 3.08mg (30.84%), Vitamin B2: 0.47mg (27.78%), Manganese: 0.55mg (27.25%), Vitamin B1: 0.37mg (24.37%), Magnesium: 91.87mg (22.97%), Folate: 91.77µg (22.94%), Fiber: 5.71g (22.84%), Vitamin C: 17.38mg (21.06%), Calcium: 199.37mg (19.94%), Iron: 3.27mg (18.16%), Copper: 0.35mg (17.56%), Vitamin E: 2.41mg (16.05%), Vitamin A: 731.15IU (14.62%), Zinc: 2.13mg (14.17%), Vitamin B12: 0.5µg (8.33%), Vitamin D: 0.22µg (1.5%)