



91%
HEALTH SCORE

My Chicken Parmigiana With Homemade Pasta Sauce

 Very Healthy

READY IN



270 min.

SERVINGS



5

CALORIES



1327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large bay leaves
- 2 eggs slightly beaten
- 1 tablespoon basil fresh chopped fine
- 1 tablespoon parsley fresh chopped fine
- 2 garlic clove minced
- 1 teaspoon garlic powder
- 0.3 cup granulated sugar sweet (can use more or less depending on how you like your sauce. I actually use at least)

- 0.1 teaspoon pepper fresh black
- 0.3 teaspoon pepper fresh black
- 1 cup seasoned bread crumbs dry italian fine
- 1 tablespoon olive oil
- 1 large onion chopped
- 1 tablespoon oregano fresh chopped fine
- 0.5 cup parmesan cheese freshly grated
- 0.5 cup parmesan cheese grated
- 3 cups pasta sauce homemade
- 1 cup pepperoni sliced
- 8 ounces provolone cheese sliced
- 0.3 teaspoon pepper red
- 1 teaspoon salt
- 5 chicken breast boneless skinless
- 36 ounce canned tomatoes canned
- 0.5 cup vegetable oil
- 108 ounces tomato paste with water 6 times)

Equipment

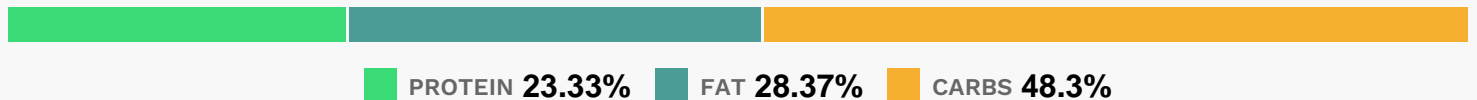
- bowl
- oven
- baking pan
- dutch oven

Directions

- Pasta Sauce: In dutch oven or large saucepot, heat olive oil over medium heat for about 1-2 minutes.
- Add chopped onion and garlic cloves; saute till softened, about 5 minutes (if using pepperoni slices, add here).

- Add tomato paste and 6 cans of water, which equals the 108 ounces of water (basically the rule is for every can of tomato paste, you add 3 cups of water). Bring to a boil and stir until all the tomato paste is dissolved; meanwhile add bay leaves, parsley, oregano, basil, black pepper, red pepper flakes (if using), garlic powder, sugar and parmesan cheese. Once the sauce has come to a boil, let simmer, uncovered, over medium to medium-low heat, for 3-4 hours or until thickened. Prepare chicken parmigiana:
- Combine eggs, salt and pepper in bowl; place bread crumbs in another bowl. Dip chicken into egg mixture, then into bread crumbs.
- Heat oil until very hot and brown chicken on both sides.
- Remove chicken to shallow baking dish and pour excess oil from pan.
- Pour sauce over chicken and sprinkle with parmesan cheese. Cover and bake 30 minutes at 350 degrees F. Uncover and place provolone slices on top of chicken and bake 10 minutes more or until cheese is bubbly.
- Serve with a side of angel hair pasta topped with the spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index: 97.22, Glycemic Load: 55.62, Inflammation Score: -10, Nutrition Score: 79.931304185287%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 1327.33kcal (66.37%), Fat: 45.24g (69.6%), Saturated Fat: 18.23g (113.91%), Carbohydrates: 173.28g (57.76%), Net Carbohydrates: 139.79g (50.83%), Sugar: 101.84g (113.16%), Cholesterol: 208.65mg (69.55%), Sodium: 7786.74mg (338.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.7g (167.4%), Potassium: 7981.49mg (228.04%), Vitamin A: 11300.27IU (226.01%), Vitamin E: 32.9mg (219.35%), Vitamin C: 168.96mg (204.8%), Vitamin B3: 37.4mg (187.01%), Copper: 2.95mg (147.58%), Manganese: 2.94mg (147.01%), Selenium: 102.78µg (146.83%), Vitamin B6: 2.9mg (144.86%), Iron: 25.47mg (141.49%), Fiber: 33.5g (133.98%), Phosphorus: 1331.15mg (133.11%), Vitamin K: 129.9µg (123.72%), Vitamin B2: 1.72mg (101.42%), Magnesium: 393.94mg (98.49%), Calcium: 922.69mg

(92.27%), Vitamin B1: 0.96mg (64.19%), Zinc: 8.97mg (59.81%), Vitamin B5: 4.53mg (45.34%), Folate: 171.47µg (42.87%), Vitamin B12: 1.69µg (28.21%), Vitamin D: 1.09µg (7.24%)