



New Chicken Parmesan

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large garlic clove pressed
- 12 ounce grape tomatoes
- 6 ounces mozzarella fresh drained thinly sliced
- 0.3 cup olive oil extra virgin extra-virgin
- 1.5 teaspoons oregano dried
- 1.3 cups parmesan cheese divided finely grated
- 1 pinch pepper dried red crushed
- 0.5 teaspoon salt

24 ounces chicken breast halves boneless skinless

Equipment

- bowl
- baking sheet
- oven
- whisk
- pie form

Directions

- Preheat oven to 500° F.
- Whisk first 3 ingredients in large bowl.
- Place tomatoes in medium bowl; mix in 2 tablespoons garlic oil, then oregano and crushed red pepper.
- Add chicken to large bowl with remaining garlic oil and turn to coat.
- Place 1 cup Parmesan in pie dish. Dip 1 side of each chicken piece into cheese to coat; arrange chicken, cheese side up, on 1 half of large rimmed baking sheet. Scatter tomatoes on other half of sheet.
- Roast chicken until just cooked through and firm to touch, about 10 minutes. Arrange mozzarella slices atop chicken. Return to oven; roast until cheese melts, 1 to 2 minutes.
- Transfer chicken and tomatoes to 4 plates.
- Sprinkle with remaining 1/4 cup Parmesan cheese.

Nutrition Facts


PROTEIN 35.52% **FAT 58.65%** **CARBS 5.83%**

Properties

Glycemic Index:25, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:29.714348129604%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 631.77kcal (31.59%), Fat: 40.87g (62.88%), Saturated Fat: 13.92g (87.01%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 7.76g (2.82%), Sugar: 2.74g (3.05%), Cholesterol: 169.64mg (56.55%), Sodium: 1306.96mg (56.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.7g (111.41%), Selenium: 72.85µg (104.07%), Vitamin B3: 18.36mg (91.82%), Phosphorus: 729.76mg (72.98%), Vitamin B6: 1.41mg (70.5%), Calcium: 523.14mg (52.31%), Vitamin B12: 1.73µg (28.86%), Vitamin B5: 2.68mg (26.77%), Potassium: 936.94mg (26.77%), Vitamin A: 1337.57IU (26.75%), Zinc: 3.77mg (25.1%), Vitamin E: 3.76mg (25.08%), Vitamin B2: 0.42mg (24.72%), Vitamin K: 24.12µg (22.97%), Magnesium: 75.47mg (18.87%), Vitamin C: 14.18mg (17.19%), Manganese: 0.23mg (11.27%), Vitamin B1: 0.17mg (11.06%), Iron: 1.6mg (8.87%), Folate: 26.24µg (6.56%), Copper: 0.12mg (6.15%), Fiber: 1.38g (5.52%), Vitamin D: 0.5µg (3.31%)