



Oven-Fried Chicken Parmesan

READY IN



30 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large egg whites lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

☐ 0.5 cup tomato–basil pasta sauce jarred

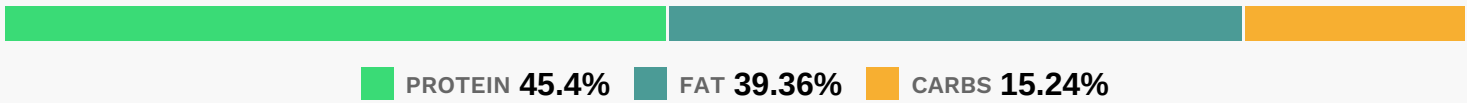
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 3 ingredients in a shallow dish; place egg whites in a bowl.
- ☐ Place panko in a shallow dish. Dredge 1 breast half in flour mixture. Dip in egg whites; dredge in panko. Repeat procedure with remaining chicken, flour mixture, egg whites, and panko.
- ☐ Heat 1 tablespoon oil in a large ovenproof skillet over medium–high heat.
- ☐ Add chicken to pan; cook 2 minutes.
- ☐ Add remaining 1 tablespoon oil. Turn chicken over; cook 2 minutes. Coat chicken with cooking spray; place pan in oven.
- ☐ Bake at 450 for 5 minutes. Turn chicken over; top each breast half with 2 tablespoons sauce, 2 tablespoons Parmigiano–Reggiano, and 3 tablespoons mozzarella.
- ☐ Bake 6 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.44, Inflammation Score:-6, Nutrition Score:24.473913234213%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 458.73kcal (22.94%), Fat: 19.54g (30.06%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.7g (5.71%), Sugar: 2.32g (2.58%), Cholesterol: 132.11mg (44.04%), Sodium: 870.2mg (37.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.72g (101.43%), Selenium: 69.48µg (99.25%), Vitamin B3: 19.04mg (95.19%), Vitamin B6: 1.32mg (66.11%), Phosphorus: 583.87mg (58.39%), Calcium: 374.67mg (37.47%), Vitamin B5: 2.63mg (26.35%), Vitamin B2: 0.44mg (25.84%), Potassium: 770.81mg (22.02%), Vitamin B1: 0.29mg (19.3%), Magnesium: 64.4mg (16.1%), Zinc: 2.19mg (14.62%), Vitamin B12: 0.74µg (12.31%), Iron: 1.93mg (10.75%), Manganese: 0.2mg (10.09%), Vitamin E: 1.45mg (9.68%), Folate: 37.3µg (9.32%), Vitamin A: 362.01IU (7.24%), Vitamin K: 7.46µg (7.1%), Fiber: 1.32g (5.29%), Copper: 0.1mg (5.06%), Vitamin C: 2.8mg (3.39%), Vitamin D: 0.3µg (2.03%)