



Pan-Fried Chicken-and-Ham Parmesan

READY IN



18 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz skinned and boned chicken breasts
- 0.3 lb deli ham smoked thinly sliced
- 1 large eggs
- 0.3 cup flour all-purpose
- 4 oz mozzarella cheese fresh
- 4 servings sautéed grape tomatoes
- 0.7 cup italian-seasoned breadcrumbs
- 2 tablespoons olive oil
- 4 servings garlic-herb pasta

- 0.5 teaspoon pepper
- 1 teaspoon salt

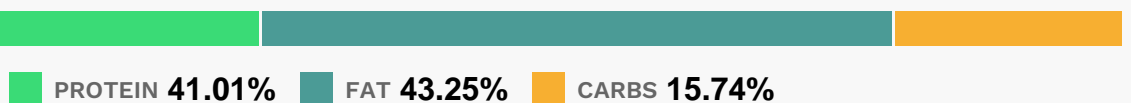
Equipment

- frying pan
- oven
- whisk
- plastic wrap

Directions

- Preheat oven to 350
- Sprinkle chicken with salt and pepper.
- Whisk together egg and 2 Tbsp. water. Dredge chicken in flour; dip in egg mixture, and dredge in breadcrumbs, shaking off excess.
- Cook chicken in hot oil in a large ovenproof skillet over medium-high heat 3 to 4 minutes on each side or until golden. Top chicken with ham and cheese.
- Bake chicken in skillet at 350 for 8 minutes or until cheese is melted.
- Serve over Garlic-Herb Pasta; top with
- Sautéed Grape Tomatoes.
- Garlic-Herb Pasta: Cook 8 oz. vermicelli according to package directions; drain. Toss with 1/4 cup Garlic-Herb Butter. Season with salt to taste. Makes 4 servings.
- Garlic-Herb Butter: Stir together 1/2 cup softened butter; 1 large garlic clove, pressed; 2/3 cup chopped fresh basil; 1/4 cup chopped fresh parsley; and 1/4 tsp. salt until well blended. Use immediately, or cover and chill up to 3 days. For longer storage, form into a log or press into ice cube trays, and wrap tightly with plastic wrap; freeze up to 1 month. Makes 1/2 cup. Prep: 15 min.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:4.52, Inflammation Score:-5, Nutrition Score:27.233912737473%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 536.93kcal (26.85%), Fat: 25.22g (38.79%), Saturated Fat: 8.24g (51.47%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 19.39g (7.05%), Sugar: 1.54g (1.71%), Cholesterol: 196.62mg (65.54%), Sodium: 1583.72mg (68.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.8g (107.6%), Selenium: 77.13µg (110.18%), Vitamin B3: 20.75mg (103.73%), Vitamin B6: 1.45mg (72.63%), Phosphorus: 587.45mg (58.75%), Vitamin B1: 0.55mg (36.46%), Vitamin B5: 2.95mg (29.48%), Vitamin B2: 0.49mg (28.96%), Potassium: 809.68mg (23.13%), Vitamin B12: 1.35µg (22.49%), Calcium: 199.86mg (19.99%), Zinc: 2.98mg (19.87%), Magnesium: 68.25mg (17.06%), Manganese: 0.33mg (16.3%), Iron: 2.64mg (14.65%), Vitamin K: 14.96µg (14.24%), Folate: 53.8µg (13.45%), Vitamin E: 1.68mg (11.22%), Copper: 0.15mg (7.3%), Vitamin A: 358.47IU (7.17%), Fiber: 1.27g (5.06%), Vitamin D: 0.73µg (4.88%), Vitamin C: 2.72mg (3.29%)