



## Parmesan Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 2 extra large eggs
- 1 cup flour all-purpose
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt
- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 0.5 cup olive oil good
- 6 servings olive oil good

- 0.5 cup parmesan freshly grated for serving
- 6 servings salad greens dry washed and spun for 6,
- 1.3 cups seasoned bread crumbs dry
- 6 servings butter unsalted
- 1 tablespoon water
- 4 to 6 boneless skinless

## Equipment

- bowl
- frying pan
- whisk
- rolling pin
- meat tenderizer

## Directions

- Watch how to make this recipe.
- Pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.
- Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumbs mixture, pressing lightly.
- Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through.
- Add more butter and oil and cook the rest of the chicken breasts. Toss the salad greens with Lemon Vinaigrette.
- Place a mound of salad on each hot chicken breast.
- Serve with extra grated Parmesan.
- In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.

## Nutrition Facts

PROTEIN 29.23% FAT 46.93% CARBS 23.84%

## Properties

Glycemic Index:27.67, Glycemic Load:11.6, Inflammation Score:-7, Nutrition Score:28.152608456819%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 603.4kcal (30.17%), Fat: 31.12g (47.88%), Saturated Fat: 8.19g (51.22%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 33.69g (12.25%), Sugar: 1.89g (2.1%), Cholesterol: 182.53mg (60.84%), Sodium: 1262.15mg (54.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.21%), Selenium: 69.29µg (98.99%), Vitamin B3: 18.76mg (93.78%), Vitamin B6: 1.26mg (62.86%), Phosphorus: 495.95mg (49.6%), Vitamin B1: 0.53mg (35.06%), Vitamin B2: 0.49mg (29.06%), Vitamin B5: 2.79mg (27.88%), Manganese: 0.51mg (25.56%), Folate: 100.28µg (25.07%), Vitamin K: 23.42µg (22.3%), Vitamin E: 3.25mg (21.64%), Potassium: 755.03mg (21.57%), Iron: 3.54mg (19.66%), Vitamin C: 15.7mg (19.03%), Calcium: 174.01mg (17.4%), Vitamin A: 840.66IU (16.81%), Magnesium: 66.74mg (16.69%), Zinc: 1.95mg (12.97%), Vitamin B12: 0.66µg (11.06%), Copper: 0.17mg (8.72%), Fiber: 1.88g (7.53%), Vitamin D: 0.64µg (4.27%)