



## Parmesan Chicken Pailards with Cherry Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2 cups cherry tomatoes quartered
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon flour all-purpose
- 0.5 teaspoon kosher salt divided
- 2 teaspoons olive oil divided
- 0.5 cup onion finely chopped
- 0.5 teaspoon oregano dried

- 0.3 cup parmesan cheese grated
- 1 tablespoon sherry vinegar
- 24 ounce chicken breast halves boneless skinless

## Equipment

- frying pan
- plastic wrap
- meat tenderizer

## Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Combine cheese and flour in a shallow dish. Dredge 1 side of each chicken breast half in cheese mixture.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add 2 chicken breast halves, cheese side down; cook 4 minutes on each side or until done. Repeat procedure with remaining 1 teaspoon oil and chicken breast halves.
- Remove from pan; keep warm.
- Coat pan with cooking spray.
- Add onion; saut 2 minutes. Stir in broth and vinegar; cook 1 minute or until liquid almost evaporates.
- Add tomatoes, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and oregano; cook 2 minutes.
- Wine note: These chicken breasts have a piquant Italian flavor. I love to serve them with an Italian red made from the sangiovese grape. Try the incredible Marchesi di Frescobaldi "Campo ai Sassi" Rosso di Montalcino 2004 (Montalcino, Tuscany, Italy), \$ -Karen MacNeil

## Nutrition Facts

**PROTEIN 60%** **FAT 28.64%** **CARBS 11.36%**

## Properties

Glycemic Index:34.75, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:21.010869435642%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

## Nutrients (% of daily need)

Calories: 268.71kcal (13.44%), Fat: 8.32g (12.8%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.34g (2.31%), Sugar: 2.75g (3.05%), Cholesterol: 114.3mg (38.1%), Sodium: 664.88mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.21g (78.42%), Vitamin B3: 18.37mg (91.85%), Selenium: 58.06µg (82.95%), Vitamin B6: 1.37mg (68.4%), Phosphorus: 428.14mg (42.81%), Vitamin B5: 2.6mg (25.96%), Vitamin C: 20.53mg (24.89%), Potassium: 846.75mg (24.19%), Magnesium: 56.93mg (14.23%), Vitamin B2: 0.23mg (13.38%), Vitamin B1: 0.16mg (10.87%), Manganese: 0.2mg (9.8%), Vitamin A: 475.42IU (9.51%), Zinc: 1.42mg (9.49%), Calcium: 82.92mg (8.29%), Iron: 1.46mg (8.11%), Vitamin B12: 0.45µg (7.55%), Vitamin E: 1.11mg (7.42%), Folate: 24.87µg (6.22%), Copper: 0.12mg (6.15%), Vitamin K: 5.79µg (5.51%), Fiber: 1.08g (4.33%), Vitamin D: 0.2µg (1.34%)