



Parmesan Chicken Thighs

READY IN



37 min.

SERVINGS



6

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 pounds skinned and boned chicken thighs
- ☐ 2 large eggs
- ☐ 6 servings tangy feta dressing over iceberg
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 cup italian-seasoned breadcrumbs
- ☐ 1.5 teaspoons kosher salt
- ☐ 24 oz tomatoes
- ☐ 2 oz parmesan cheese shredded

- ☐ 1 teaspoon pepper freshly ground
- ☐ 16 oz vermicelli
- ☐ 0.5 cup vegetable oil

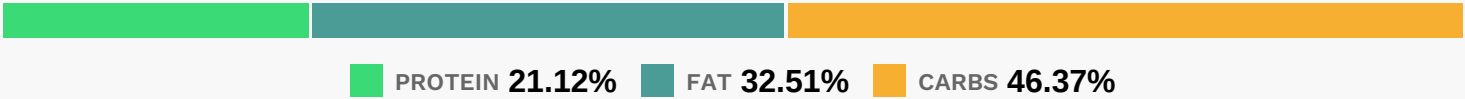
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 37
- ☐ Whisk together eggs and 2 Tbsp. water.
- ☐ Sprinkle chicken with salt and pepper. Dredge in breadcrumbs; dip in egg mixture, and dredge again in breadcrumbs.
- ☐ Cook chicken, in batches, in hot oil in a 12-inch heavy skillet over medium heat 2 to 3 minutes on each side or until golden brown.
- ☐ Arrange chicken in a lightly greased 13- x 9-inch baking dish.
- ☐ Spoon marinara sauce over chicken, and sprinkle with Parmesan cheese.
- ☐ Bake at 375 for 15 to 20 minutes or until cheese is melted and a meat thermometer inserted into thickest portion of chicken registers 17
- ☐ Meanwhile, prepare pasta according to package directions. Toss hot cooked pasta with butter and parsley.
- ☐ Serve chicken over pasta with Tangy Feta Dressing Over Iceberg.
- ☐ *1 tsp. table salt may be substituted.
- ☐ Tangy Feta Dressing Over Iceberg: Stir together 1/2 cup mayonnaise, 1/2 (4-oz.) package crumbled feta cheese, 2 Tbsp. chopped fresh parsley, and 1 to 2 Tbsp. fresh lemon juice. Stir in pepper to taste. Spoon dressing over 5 cups shredded iceberg lettuce. Makes 4 servings; Prep: 10 min.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:38.19, Inflammation Score:-7, Nutrition Score:28.04434779416%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 737.7kcal (36.89%), Fat: 26.32g (40.5%), Saturated Fat: 11.83g (73.93%), Carbohydrates: 84.5g (28.17%), Net Carbohydrates: 80.5g (29.27%), Sugar: 5.33g (5.93%), Cholesterol: 218.1mg (72.7%), Sodium: 2187.09mg (95.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.96%), Selenium: 54.5µg (77.85%), Phosphorus: 596.01mg (59.6%), Vitamin B3: 9.21mg (46.04%), Vitamin B2: 0.73mg (43.21%), Vitamin B6: 0.83mg (41.36%), Manganese: 0.77mg (38.64%), Calcium: 349.65mg (34.96%), Vitamin K: 35.06µg (33.4%), Zinc: 4.18mg (27.84%), Vitamin B1: 0.4mg (26.85%), Vitamin B12: 1.58µg (26.27%), Vitamin B5: 2.48mg (24.78%), Iron: 4.15mg (23.08%), Vitamin A: 1080.15IU (21.6%), Potassium: 743.71mg (21.25%), Magnesium: 74.28mg (18.57%), Vitamin E: 2.61mg (17.38%), Copper: 0.33mg (16.61%), Fiber: 4g (15.99%), Folate: 60.18µg (15.05%), Vitamin C: 9.36mg (11.35%), Vitamin D: 0.5µg (3.34%)