



Parmesan Chicken with Caesar Roasted Romaine

READY IN



20 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy packed in oil, drained, chopped
- ☐ 1.5 ounces asiago cheese grated
- ☐ 2 tablespoons flat parsley chopped
- ☐ 2 garlic clove divided chopped
- ☐ 2 large baby greens halved lengthwise
- ☐ 4 servings pepper freshly ground
- ☐ 1 optional: lemon cut into 8 wedges
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 28 ounce chicken breast boneless skinless

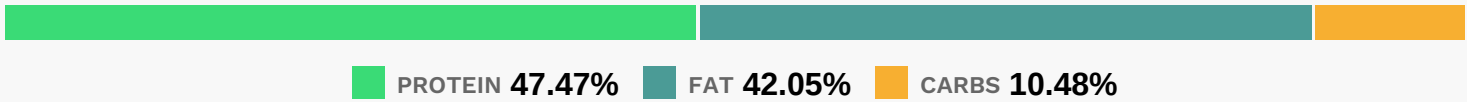
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Line a large rimmed baking sheet with foil. Season chicken with salt and pepper; place on prepared sheet.
- ☐ Combine cheese, panko, 2 tablespoons oil, parsley, and 1 garlic clove in a medium bowl; season with salt and pepper. Pat panko mixture onto breasts. Roast chicken until crumbs begin to turn golden, about 10 minutes.
- ☐ Drizzle romaine with 1 tablespoon oil and sprinkle with remaining 1 chopped garlic clove. Season with salt and pepper.
- ☐ Remove sheet from oven; place romaine roast right around chicken. Roast until chicken is cooked through and lettuce is browned at edges, about 5 minutes. Divide among plates. Top lettuce with anchovies; garnish with lemon wedges for squeezing over.
- ☐ Per serving: 361 calories, 17 g fat, 6 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:34.258695773456%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.58mg,

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 416.23kcal (20.81%), Fat: 19.25g (29.62%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.4g (3.05%), Sugar: 1.93g (2.14%), Cholesterol: 136.63mg (45.54%), Sodium: 466.23mg (20.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.9g (97.81%), Vitamin B3: 22.03mg (110.13%), Vitamin A: 5240.81IU (104.82%), Selenium: 69.8µg (99.71%), Vitamin K: 98.3µg (93.62%), Vitamin B6: 1.59mg (79.75%), Phosphorus: 534.74mg (53.47%), Vitamin B5: 3.09mg (30.93%), Potassium: 969.4mg (27.7%), Vitamin C: 22.08mg (26.76%), Folate: 99.98µg (24.99%), Vitamin B2: 0.32mg (18.9%), Calcium: 187.09mg (18.71%), Magnesium: 72.75mg (18.19%), Vitamin B1: 0.26mg (17.48%), Vitamin E: 2.07mg (13.82%), Iron: 2.24mg (12.45%), Zinc: 1.81mg (12.05%), Manganese: 0.24mg (12.02%), Fiber: 2.4g (9.61%), Vitamin B12: 0.58µg (9.59%), Copper: 0.13mg (6.52%), Vitamin D: 0.25µg (1.68%)