



 **54%**  
HEALTH SCORE

## Parmesan Chicken with Pasta Rags

READY IN



30 min.

SERVINGS



4

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cloves garlic finely chopped
- 0.5 teaspoon lawry's seasoned salt
- 3 tablespoons olive oil
- 1 tablespoon butter
- 0.5 cup breadcrumbs
- 0.5 cup parmesan fresh grated
- 1.5 lb chicken breast halves boneless skinless
- 8 oz lasagne pasta sheets uncooked
- 0.3 cup olive oil

- 1 clove garlic finely chopped
- 9 oz spinach frozen thawed drained chopped
- 0.5 teaspoon lawry's seasoned salt
- 1 cup cherry tomatoes halved
- 2 tablespoons basil fresh chopped
- 1 serving basil fresh
- 1 serving parmesan shaved

## Equipment

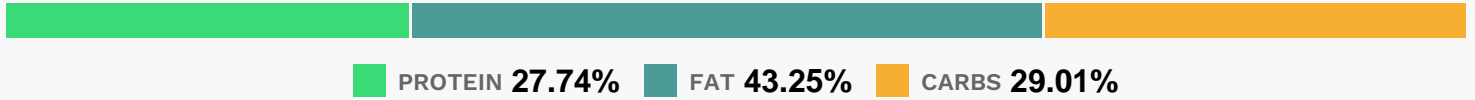
- bowl
- frying pan
- oven
- microwave

## Directions

- Heat oven to 475°F. In shallow microwavable bowl, stir together 3 cloves garlic, 1/2 teaspoon seasoned salt, 3 tablespoons oil and butter. Microwave uncovered on High 1 minute or until butter is melted; stir.
- In another shallow bowl, stir together bread crumbs and grated cheese. Coat chicken pieces with garlic mixture; coat with crumb mixture.
- Place in ungreased 15x10x1-inch pan.
- Bake about 20 minutes or until juice of chicken is clear when center of thickest part is cut. Meanwhile, cook broken lasagna noodles as directed on package.
- Drain; cover to keep warm.
- In 10-inch skillet, heat 1/4 cup oil over medium-high heat until hot.
- Add 1 clove garlic; cook and stir 1 minute or until tender. Stir in spinach and 1/2 teaspoon seasoned salt. Cook 2 to 3 minutes, stirring frequently, until spinach is cooked.
- Add cooked noodles, tomatoes and chopped basil; cook 1 to 2 minutes, stirring occasionally, until hot.
- Serve pasta mixture with chicken.

Garnish with basil sprigs and shaved Parmesan cheese.

## Nutrition Facts



### Properties

Glycemic Index:74, Glycemic Load:17.48, Inflammation Score:-10, Nutrition Score:42.573478149331%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

### Nutrients (% of daily need)

Calories: 803.33kcal (40.17%), Fat: 38.39g (59.06%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 53.32g (19.39%), Sugar: 3.89g (4.32%), Cholesterol: 122.46mg (40.82%), Sodium: 1286.66mg (55.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.4g (110.79%), Vitamin K: 260.68µg (248.27%), Vitamin A: 8073.57IU (161.47%), Selenium: 102.61µg (146.59%), Vitamin B3: 20.21mg (101.06%), Vitamin B6: 1.57mg (78.4%), Phosphorus: 673.36mg (67.34%), Manganese: 1.23mg (61.53%), Vitamin E: 6.08mg (40.52%), Calcium: 378.03mg (37.8%), Magnesium: 141.9mg (35.48%), Folate: 131.33µg (32.83%), Potassium: 1120.85mg (32.02%), Vitamin B5: 2.97mg (29.65%), Vitamin B2: 0.48mg (28.34%), Vitamin B1: 0.38mg (25.23%), Iron: 3.88mg (21.55%), Zinc: 2.99mg (19.93%), Copper: 0.39mg (19.28%), Vitamin C: 15.26mg (18.49%), Fiber: 4.62g (18.48%), Vitamin B12: 0.63µg (10.52%), Vitamin D: 0.27µg (1.8%)