



Parmesan Crusted Chicken Breasts with Tomato and Basil and Potatoes with Peppers and Onions

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds skin baby potatoes red
- 4 servings coarse salt and pepper
- 15 leaves basil fresh
- 4 large cloves garlic
- 0.3 cup olive oil extra-virgin divided
- 1 medium skinned onion yellow thinly sliced

- 2 cups parmesan shredded grated
- 1 mild pepper green italian seeded thinly sliced
- 1 small bell pepper red seeded cut into thin strips
- 1 teaspoon pepper flakes red crushed
- 24 ounce chicken breasts boneless skinless
- 4 small vine tomatoes ripe seeded chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- stove
- tongs

Directions

- Watch how to make this recipe.
- Preheat oven to 500 degrees F.
- Cut fingerling potatoes into halves or quarters, depending on thickness of fingerlings -- thin, small fingerlings may also be left whole, larger potatoes should be quartered to speed cooking process. If you are using small red potatoes, halve or quarter them in the same way.
- Cover a large cookie sheet with foil.
- Place potatoes on cookie sheet.
- Combine with peppers and onions, garlic and crushed red pepper flakes. Coat the potatoes, peppers and onions with extra-virgin olive oil just enough to coat vegetables in a thin layer, 2 to 3 tablespoons. Season liberally with salt and pepper.
- Place potatoes in the oven and roast 20 to 22 minutes, until potatoes are just tender and peppers and onions are crisp at edges. Toss mixture with tongs, turning the potatoes after 15 minutes. When the potatoes are cooked, transfer them to a serving dish and peel the foil off

the cookie sheet and discard for super-quick clean up!

- While potatoes cook, prepare chicken.
- Roll out a 2-foot piece of waxed paper or foil near the stove top.
- Heat a large nonstick skillet over medium high heat -- your pan must be very hot when the chicken is added. Pile the shredded cheese on the work surface created with the waxed paper or foil. Season your chicken breasts with black pepper but no salt; the cheese will add enough salt to the taste of the dish. Press the breasts firmly into the cheese. Coat both sides of breasts with as much cheese as possible.
- Add 1 tablespoon extra-virgin olive oil to the skillet, 1 turn of the pan. Set breasts into the skillet and cook 7 minutes on each side, until cheese forms an even, golden casing around the tender chicken breasts.
- While chicken cooks, combine chopped tomatoes with basil in a small bowl. Season with salt and pepper, to your taste.
- Drain off any excess oil from chicken as you remove it from the skillet. Top chicken with big spoonfuls of raw sauce and serve with potatoes, peppers and onions.

Nutrition Facts

 **PROTEIN 33.06%**  **FAT 43.08%**  **CARBS 23.86%**

Properties

Glycemic Index:84.94, Glycemic Load:23.84, Inflammation Score:-9, Nutrition Score:37.630434824073%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 646.13kcal (32.31%), Fat: 30.89g (47.52%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 32.82g (11.93%), Sugar: 5.55g (6.17%), Cholesterol: 153.1mg (51.03%), Sodium: 766.47mg (33.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.34g (106.67%), Vitamin B3: 20.27mg (101.36%), Vitamin B6: 1.98mg (99.21%), Selenium: 65.16µg (93.09%), Vitamin C: 71.04mg (86.1%), Phosphorus: 687.6mg (68.76%), Potassium: 1644.96mg (47%), Vitamin A: 1778.03IU (35.56%), Calcium: 337.3mg (33.73%), Vitamin B5: 3.18mg (31.84%), Magnesium: 109.47mg (27.37%), Manganese: 0.54mg (27.1%), Vitamin B12: 1.62µg

(26.95%), Vitamin K: 27.67µg (26.35%), Vitamin B2: 0.43mg (25.17%), Fiber: 5.67g (22.69%), Zinc: 3.39mg (22.59%), Vitamin E: 3.23mg (21.56%), Vitamin B1: 0.32mg (21.03%), Folate: 62.52µg (15.63%), Iron: 2.81mg (15.59%), Copper: 0.31mg (15.55%), Vitamin D: 0.39µg (2.63%)