



Paula's Baked Ham and Cheese Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup pepper black
- 1 cup bread crumbs
- 4 chicken breasts
- 2 eggs beaten
- 1 cup flour all-purpose
- 4 teaspoons parsley leaves fresh chopped
- 0.3 cup garlic powder
- 2 teaspoons garlic powder
- 4 slices ham

- 4 servings hot sauce
- 4 slices mozzarella cheese
- 4 servings olive oil
- 2 teaspoons onion powder
- 2 teaspoons oregano dried
- 1 cup parmesan grated
- 1 cup salt
- 1 teaspoon salt

Equipment

- frying pan
- oven

Directions

- Dredge the chicken breasts in flour seasoned with House Seasoning, then dip in egg wash with hot sauce, to taste, then dredge in a mixture of bread crumbs, Greek Seasoning, and Parmesan. Brown the chicken on each side in a skillet with olive oil on medium-high heat. After frying, transfer chicken to a sheet pan. Top with 1 slice of ham, 1 teaspoon chopped parsley and 1 slice of mozzarella cheese.
- Place in oven for 8 minutes, just until cheese melts and starts to get bubbly.
- Mix ingredients together and store in an airtight container for up to 6 months.
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Nutrition Facts

 PROTEIN 33.98%  FAT 38.4%  CARBS 27.62%

Properties

Glycemic Index:52, Glycemic Load:20, Inflammation Score:-9, Nutrition Score:47.299999983414%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 981.43kcal (49.07%), Fat: 41.82g (64.34%), Saturated Fat: 14.04g (87.77%), Carbohydrates: 67.66g (22.55%), Net Carbohydrates: 59.81g (21.75%), Sugar: 2.93g (3.26%), Cholesterol: 283.22mg (94.41%), Sodium: 30293.57mg (1317.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.27g (166.54%), Selenium: 118.15µg (168.78%), Vitamin B3: 28.92mg (144.6%), Manganese: 2.7mg (135.08%), Vitamin B6: 2.25mg (112.32%), Phosphorus: 1025.74mg (102.57%), Calcium: 635.11mg (63.51%), Vitamin B1: 0.94mg (62.64%), Vitamin B2: 0.87mg (51.21%), Vitamin B5: 4.47mg (44.7%), Potassium: 1497.6mg (42.79%), Iron: 7.64mg (42.46%), Vitamin K: 44.07µg (41.97%), Magnesium: 144.33mg (36.08%), Zinc: 5.18mg (34.5%), Fiber: 7.85g (31.38%), Vitamin B12: 1.87µg (31.13%), Folate: 123.37µg (30.84%), Copper: 0.54mg (27.16%), Vitamin E: 3.38mg (22.5%), Vitamin A: 679.86IU (13.6%), Vitamin D: 1.1µg (7.34%), Vitamin C: 3.37mg (4.09%)