






 **40%**
HEALTH SCORE

Polla alla Parmigiana: Chicken Parmesan

READY IN

45 min.

SERVINGS

6

CALORIES

639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs dry
- 2 extra large eggs
- 1 cup flour all-purpose
- 1 teaspoon marjoram dry
- 8 oz mozzarella cheese
- 4 tablespoons cooking oil
- 1 cup panko bread crumbs
- 0.5 cup parmesan
- 6 servings bell pepper

- 6 servings bell pepper
- 6 servings salt
- 6 chicken breast boneless skinless
- 3 cups tomato sauce

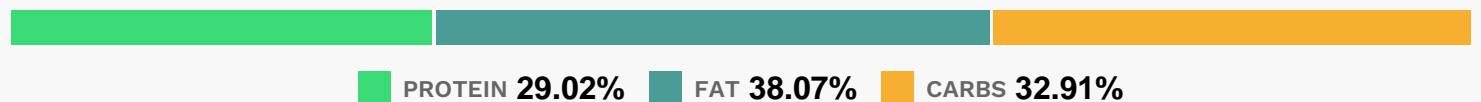
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven at 350 Pound the chicken breast or thighs until they are even and inch thick. On a shallow dish combine the flour, salt and pepper. On a second dish, beat the eggs with 1 tablespoon of water. On a third dish, combine the bread crumbs, panko, marjoram and parmesan cheese. Coat the chicken on both sides with the flour mixture, shaking off any excess, then dip both sides into the egg mixture and dredge both sides in the bread crumbs mixture.
- Heat the oil in a large saute pan and cook breaded thighs on medium high for 2 to 3 minutes on each side, until the chicken is golden brown on each side. Do not overcrowd the skillet.
- Remove and place in a cookie sheet. Smear tomato sauce over the chicken and top with a mozzarella slice.
- Place in the oven and cook until the mozzarella has melted.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:15.77, Inflammation Score:-10, Nutrition Score:43.268695652174%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin:

0.34mg

Taste

Sweetness: 32.3%, Saltiness: 100%, Sourness: 14.46%, Bitterness: 15.08%, Savoriness: 63.58%, Fattiness: 74.47%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 638.7kcal (31.94%), Fat: 27.14g (41.75%), Saturated Fat: 8.76g (54.74%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 45.99g (16.72%), Sugar: 12.94g (14.37%), Cholesterol: 177.29mg (59.1%), Sodium: 1513.88mg (65.82%), Protein: 46.54g (93.08%), Vitamin C: 200.66mg (243.22%), Vitamin A: 5652.27IU (113.05%), Selenium: 65.2µg (93.14%), Vitamin B3: 17.62mg (88.11%), Vitamin B6: 1.5mg (74.83%), Phosphorus: 606.47mg (60.65%), Vitamin B2: 0.76mg (44.41%), Vitamin B1: 0.64mg (42.57%), Vitamin E: 6.29mg (41.92%), Folate: 164.22µg (41.05%), Calcium: 388.05mg (38.81%), Manganese: 0.73mg (36.7%), Potassium: 1235.93mg (35.31%), Vitamin B5: 3.08mg (30.84%), Iron: 5.13mg (28.5%), Fiber: 6.8g (27.18%), Vitamin B12: 1.45µg (24.2%), Magnesium: 95.79mg (23.95%), Zinc: 3.42mg (22.83%), Vitamin K: 20.69µg (19.71%), Copper: 0.32mg (15.94%), Vitamin D: 0.68µg (4.53%)