



Quick Chicken Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 0.5 cup tomatoes
- ☐ 0.8 cup mozzarella cheese low-fat
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup parmesan shredded finely
- ☐ 0.1 teaspoon salt
- ☐ 20 ounces chicken breast boneless skinless

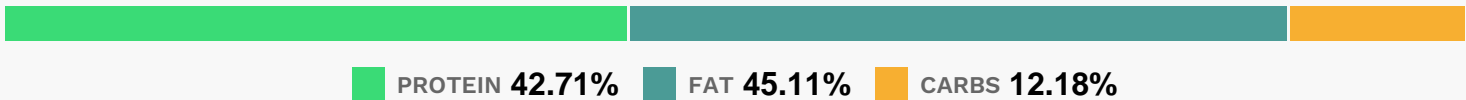
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave
- ☐ rolling pin

Directions

- ☐ Place chicken breasts flat sides down on a sheet of plastic wrap. Cover with another sheet of plastic wrap. Using a small saucepan or rolling pin, lightly pound breasts to about 1/3-inch thickness. Pat breasts dry with paper towel.
- ☐ In a bowl, combine breadcrumbs, Parmesan cheese, and oregano. In another bowl, lightly beat egg and salt.
- ☐ Brush both sides of chicken breasts with egg, then lightly coat with crumb mixture.
- ☐ Warm oil in a large, heavy skillet over medium-high heat. When oil shimmers, add chicken and cook about 3 minutes per side, until golden brown.
- ☐ Sprinkle mozzarella evenly on top of chicken breasts in last minute of cooking.
- ☐ Transfer breasts to serving plates.
- ☐ Meanwhile, warm marinara sauce in microwave or small saucepan for 1-2 minutes. Spoon about 2 tablespoons sauce over each breast.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:25.026956257613%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 456.67kcal (22.83%), Fat: 22.52g (34.65%), Saturated Fat: 8.58g (53.64%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 12.08g (4.39%), Sugar: 2.46g (2.74%), Cholesterol: 167.66mg (55.89%), Sodium: 1029.77mg (44.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.98g (95.96%), Selenium: 61.49µg (87.84%), Vitamin B3: 16.14mg (80.7%), Phosphorus: 625.54mg (62.55%), Vitamin B6: 1.18mg (58.99%), Calcium: 523.38mg (52.34%), Vitamin B5: 2.52mg (25.22%), Vitamin B2: 0.43mg (25.08%), Potassium: 715.61mg (20.45%), Magnesium: 67.96mg (16.99%), Zinc: 2.55mg (16.98%), Vitamin B1: 0.25mg (16.62%), Vitamin B12: 0.91µg (15.24%), Vitamin E: 2.17mg (14.49%), Vitamin K: 14.82µg (14.11%), Iron: 2.44mg (13.56%), Manganese: 0.25mg (12.56%), Vitamin A: 560.15IU (11.2%), Folate: 35.35µg (8.84%), Copper: 0.14mg (6.91%), Fiber: 1.6g (6.39%), Vitamin C: 3.87mg (4.7%), Vitamin D: 0.58µg (3.86%)