



Quick Chicken with Asparagus and Provolone

READY IN



30 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce asparagus drained canned
- 14.5 ounce chicken broth canned
- 1 cup breadcrumbs dry italian-style
- 2 eggs beaten
- 5 tablespoons olive oil
- 4 slices provolone cheese
- 4 chicken breast halves boneless skinless

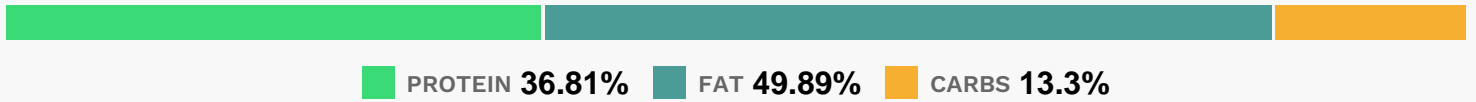
Equipment

frying pan

Directions

- Heat oil in a large 2-inch deep skillet. Dip chicken in egg beat, then coat in bread crumbs. Brown in skillet on both sides.
- When chicken is browned, add broth and place asparagus evenly over chicken.
- Lay a slice of cheese over each chicken piece.
- Cover skillet and cook over medium heat for 15 minutes, or until chicken is cooked through and no longer pink inside.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:31.476956491885%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 691.91kcal (34.6%), Fat: 37.79g (58.14%), Saturated Fat: 9.73g (60.84%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 20.32g (7.39%), Sugar: 2.61g (2.9%), Cholesterol: 218.65mg (72.88%), Sodium: 1197.18mg (52.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.75g (125.49%), Selenium: 72.59µg (103.7%), Vitamin B3: 16.77mg (83.83%), Phosphorus: 607.36mg (60.74%), Vitamin B6: 1.2mg (60.18%), Vitamin K: 44.66µg (42.53%), Vitamin B2: 0.56mg (32.76%), Zinc: 4.8mg (31.98%), Vitamin B12: 1.82µg (30.36%), Vitamin E: 4.22mg (28.16%), Folate: 112.2µg (28.05%), Iron: 4.94mg (27.43%), Vitamin B1: 0.39mg (25.8%), Calcium: 236.92mg (23.69%), Potassium: 806.91mg (23.05%), Vitamin B5: 2.29mg (22.86%), Vitamin A: 1084.38IU (21.69%), Manganese: 0.39mg (19.68%), Magnesium: 75.56mg (18.89%), Vitamin C: 13.12mg (15.9%), Copper: 0.24mg (11.98%), Fiber: 2.35g (9.4%), Vitamin D: 0.75µg (5.01%)