



Quick Mozzarella Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup egg substitute
- 2 tablespoons parsley fresh chopped
- 0.5 cup italian-seasoned breadcrumbs
- 1 tablespoon olive oil
- 3 tablespoons parmesan cheese grated
- 3 ounce part-skim mozzarella cheese
- 2.5 cups herb pasta sauce fat-free italian (such as Muir Glen)
- 16 ounce skinned
- 4 ounces pasta like spaghetti uncooked

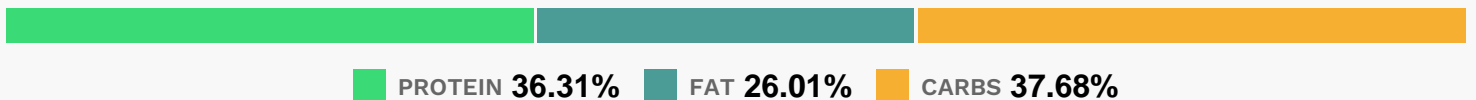
Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 42
- Cook pasta according to package directions, omitting salt and fat.
- Drain well.
- While the pasta is cooking, prepare the chicken.
- Place the breadcrumbs and Parmesan cheese in a shallow dish. Dip chicken in egg substitute, and dredge in breadcrumb mixture.
- Heat the olive oil in a 9-inch cast-iron skillet over medium-high heat.
- Add the chicken to the pan, and cook for 2 minutes on each side. Top the chicken with mozzarella slices, and place the pan in oven.
- Bake at 425 for 14 minutes or until chicken is done.
- While the chicken is cooking, heat the pasta sauce in a medium saucepan over medium-low heat.
- Place 1/2 cup pasta on each of 4 plates; top each serving with a chicken breast half and 2/3 cup sauce.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:11.15, Inflammation Score:-8, Nutrition Score:28.568261073983%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 437.3kcal (21.87%), Fat: 12.6g (19.38%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 37.05g (13.47%), Sugar: 7.63g (8.48%), Cholesterol: 89.6mg (29.87%), Sodium: 1287.73mg (55.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.11%), Selenium: 69.4µg (99.14%), Vitamin B3: 14.82mg (74.12%), Vitamin B6: 1.11mg (55.25%), Phosphorus: 493.79mg (49.38%), Vitamin K: 46.78µg (44.56%), Manganese: 0.6mg (29.89%), Potassium: 1040.05mg (29.72%), Calcium: 273.53mg (27.35%), Vitamin B5: 2.59mg (25.91%), Vitamin B2: 0.43mg (25.26%), Vitamin E: 3.3mg (21.98%), Vitamin A: 1062.94IU (21.26%), Magnesium: 83.83mg (20.96%), Vitamin B1: 0.3mg (20.24%), Iron: 3.5mg (19.45%), Vitamin C: 15.22mg (18.45%), Copper: 0.34mg (16.92%), Zinc: 2.53mg (16.84%), Fiber: 4.01g (16.02%), Folate: 48.85µg (12.21%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 0.44µg (2.91%)