



Ragu Chicken Parmesan

READY IN



50 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs plain dry
- ☐ 1 eggs beaten
- ☐ 0.3 teaspoon garlic powder
- ☐ 24 ounce sauce traditional ragu® old world style®
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1 cup part-skim mozzarella cheese shredded
- ☐ 30 ounce chicken breast halves boneless skinless

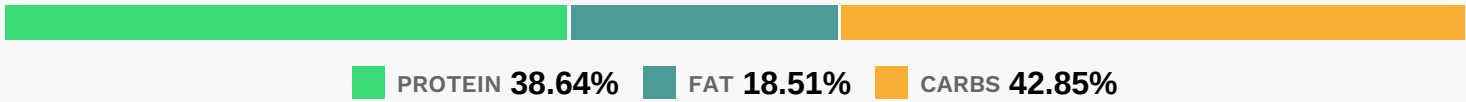
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Combine bread crumbs, Italian seasoning and garlic powder in shallow dish. Dip chicken in egg, then crumb mixture; turn to coat.
- ☐ Arrange the chicken in a 13 x 9–inch baking dish.
- ☐ Bake 20 minutes.
- ☐ Pour sauce over chicken; top with cheese.
- ☐ Bake an additional 10 minutes or until chicken is thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:18.11608656593%

Nutrients (% of daily need)

Calories: 412.02kcal (20.6%), Fat: 8.18g (12.58%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 41.9g (15.23%), Sugar: 27.28g (30.31%), Cholesterol: 129.95mg (43.32%), Sodium: 1750.1mg (76.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.81%), Vitamin B3: 15.71mg (78.57%), Selenium: 53.74µg (76.77%), Vitamin B6: 1.11mg (55.37%), Phosphorus: 421.66mg (42.17%), Vitamin B5: 2.22mg (22.24%), Calcium: 184.63mg (18.46%), Vitamin B2: 0.29mg (16.9%), Potassium: 580.32mg (16.58%), Vitamin B1: 0.23mg (15.23%), Magnesium: 48.38mg (12.09%), Zinc: 1.64mg (10.91%), Vitamin B12: 0.55µg (9.15%), Manganese: 0.16mg (7.94%), Iron: 1.41mg (7.86%), Folate: 25.7µg (6.42%), Copper: 0.08mg (4.22%), Vitamin A: 174.75IU (3.49%), Vitamin E: 0.41mg (2.76%), Fiber: 0.69g (2.76%), Vitamin K: 2.53µg (2.41%), Vitamin D: 0.34µg (2.3%), Vitamin C: 1.71mg (2.07%)