



Ragu® No Frying Chicken Parmesan

READY IN



40 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs beaten
- 26 ounce sauce traditional ragu® old world style®
- 0.8 cup seasoned bread crumbs italian
- 1 cup mozzarella cheese shredded
- 4 chicken breast halves boneless skinless

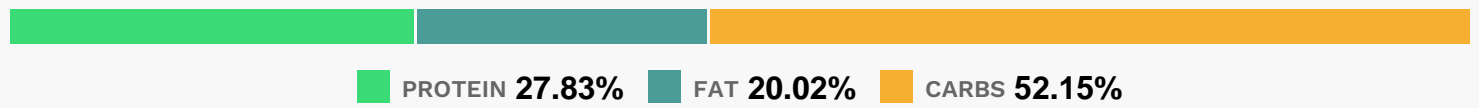
Equipment

- oven
- baking pan

Directions

- Preheat oven to 400 degrees F. Dip chicken in egg, then bread crumbs.
- Arrange chicken in 13 x 9-inch baking dish.
- Bake 20 minutes.
- Pour pasta sauce over chicken; top with cheese.
- Bake an additional 10 minutes or until chicken is thoroughly cooked.
- Serve, if desired, with hot cooked pasta.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:18.483478463214%

Nutrients (% of daily need)

Calories: 539.54kcal (26.98%), Fat: 11.65g (17.92%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 67.15g (24.42%), Sugar: 44.19g (49.1%), Cholesterol: 135.59mg (45.19%), Sodium: 2834.12mg (123.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.84%), Selenium: 49.85µg (71.22%), Vitamin B3: 13.21mg (66.05%), Vitamin B6: 0.91mg (45.7%), Phosphorus: 398.02mg (39.8%), Vitamin B1: 0.3mg (20.09%), Vitamin B2: 0.34mg (19.76%), Vitamin B5: 1.96mg (19.59%), Calcium: 194.16mg (19.42%), Vitamin B12: 1.04µg (17.35%), Potassium: 506.54mg (14.47%), Zinc: 1.94mg (12.91%), Manganese: 0.25mg (12.49%), Magnesium: 46.65mg (11.66%), Vitamin K: 11.25µg (10.72%), Iron: 1.84mg (10.23%), Folate: 38.42µg (9.61%), Vitamin A: 326.01IU (6.52%), Copper: 0.1mg (4.82%), Fiber: 1.1g (4.41%), Vitamin D: 0.44µg (2.97%), Vitamin E: 0.44mg (2.95%), Vitamin C: 1.96mg (2.38%)