



Simple Chicken Parmesan

🤍 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned (quality varies dramatically; I prefer Redpack, Progresso and Muir Glen brands)
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 large eggs
- ☐ 2 medium garlic cloves crushed peeled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated for passing at the table

- ☐ 0.5 cup part-skim mozzarella cheese grated
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 12 ounces chicken breasts boneless skinless halved
- ☐ 8 ounces pasta like spaghetti
- ☐ 0.3 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ wire rack
- ☐ plastic wrap
- ☐ broiler
- ☐ pie form

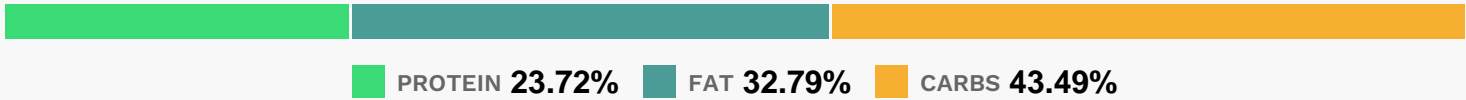
Directions

- ☐ In a large saucepan, heat garlic and 2 Tbs. oil over medium-high heat until garlic starts to sizzle. Stir in tomatoes, basil, oregano, sugar, a pinch of salt and a few grinds of pepper. Bring to a simmer; simmer until sauce thickens a bit and flavors meld, 10 to 12 minutes. Cover and keep warm. (Remember, this makes twice the amount of sauce you need, so put aside half for another meal.)
- ☐ Put chicken pieces between two sheets of plastic wrap and pound, using your fists or a heavy pan, until the cutlets are about 1/4-inch thick.
- ☐ Bring 2 quarts of salted water to a boil in a large soup kettle.
- ☐ In a pie pan, beat egg until well-blended. In another pie pan, mix bread crumbs and more black pepper. Preheat broiler.
- ☐ Working one cutlet at a time, dip both sides of each in beaten egg, then in bread crumbs. Put cutlets on a wire rack set over a cookie sheet (this step helps breading stay put).
- ☐ Heat remaining 1/4 cup oil over medium-high heat in a 12-inch skillet. When oil starts to shimmer, add cutlets and saute until golden brown on each side, about 5 minutes total. Wash and dry the wire rack and return to cookie sheet. As the cutlets saute, cook pasta in boiling

water according to package directions.

- ☐
- Transfer cutlets to clean wire rack over cookie sheet. Top each with a portion of the cheeses. Broil cutlets, 4 to 5 inches from heat source, until cheese melts and is spotty brown.
- ☐
- Drain pasta. Put a cutlet and a portion of pasta on each of 4 plates. Spoon 2 or 3 tablespoons of sauce over part of each cutlet, then sauce the pasta as desired.
- ☐
- Serve with extra Parmesan.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:21.4, Inflammation Score:-8, Nutrition Score:30.635217366011%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 627.04kcal (31.35%), Fat: 23.02g (35.41%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 68.67g (22.89%), Net Carbohydrates: 62.34g (22.67%), Sugar: 11.56g (12.85%), Cholesterol: 115.33mg (38.44%), Sodium: 871.06mg (37.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.93%), Selenium: 75.91µg (108.44%), Vitamin B3: 13.21mg (66.03%), Vitamin B6: 1.09mg (54.46%), Manganese: 1.07mg (53.71%), Phosphorus: 503.56mg (50.36%), Vitamin E: 4.88mg (32.53%), Potassium: 1100.59mg (31.45%), Copper: 0.61mg (30.37%), Calcium: 287.83mg (28.78%), Iron: 4.82mg (26.79%), Magnesium: 106.17mg (26.54%), Vitamin B1: 0.4mg (26.49%), Fiber: 6.32g (25.3%), Vitamin C: 19.75mg (23.94%), Vitamin B2: 0.4mg (23.63%), Vitamin B5: 2.32mg (23.17%), Vitamin K: 23.08µg (21.98%), Zinc: 2.87mg (19.15%), Folate: 62.09µg (15.52%), Vitamin A: 644.27IU (12.89%), Vitamin B12: 0.53µg (8.8%), Vitamin D: 0.41µg (2.72%)