



Skillet Chicken Parmesan

READY IN



40 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces day-old baguette
- 0.3 cup basil fresh finely chopped
- 1 small clove garlic grated
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese grated
- 0.5 cup part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper flakes red
- 20 ounces chicken breasts boneless skinless

- 15 ounce tomato purée canned

Equipment

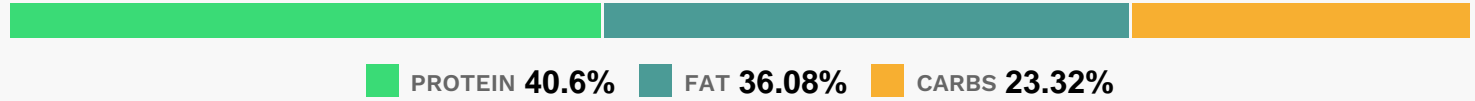
- food processor
- bowl
- frying pan
- plastic wrap
- broiler
- meat tenderizer
- serrated knife

Directions

- Slice the chicken breasts in half horizontally to make 4 thin cutlets. Put between 2 pieces of plastic wrap and pound with a meat mallet or heavy skillet until 1/4-inch thick.
- Cut any hard crusts off the bread with a serrated knife, then cut the bread into cubes.
- Add the bread cubes to a food processor with the motor running, a few pieces at a time, and process to make coarse crumbs (you will have about 1 1/4 cups crumbs).
- Heat 1 tablespoon olive oil in a large nonstick ovenproof skillet over medium-high heat.
- Add the breadcrumbs and cook, stirring, until golden and crisp, about 3 minutes.
- Add 2 tablespoons parmesan and cook, stirring, until melted, about 1 more minute.
- Transfer to a bowl and stir in 2 tablespoons basil; set aside. Preheat the broiler.
- Return the skillet to medium-high heat and add the remaining 1 tablespoon olive oil.
- Sprinkle the chicken with 1/4 teaspoon salt, and pepper to taste; add to the skillet (in batches, if necessary) and cook until golden and just cooked through, 2 to 3 minutes per side.
- Transfer to a plate.
- Add the tomato puree, then rinse out the can with 1 cup water and add to the skillet.
- Add the garlic, red pepper flakes and 1 tablespoon parmesan; reduce the heat to medium and simmer, stirring occasionally, until the sauce is slightly thickened, about 10 minutes. Stir in the remaining 1/4 cup basil and season with salt and pepper.

- Return the chicken to the skillet, turning to coat with the sauce. Top with the remaining 1 tablespoon parmesan and all but a few tablespoons of the toasted breadcrumb mixture.
- Sprinkle with the mozzarella and the remaining breadcrumbs. Broil until the cheese melts, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:11.61, Inflammation Score:-6, Nutrition Score:24.804782603098%

Flavonoids

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

Nutrients (% of daily need)

Calories: 394.6kcal (19.73%), Fat: 15.75g (24.24%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 20.2g (7.35%), Sugar: 6.19g (6.88%), Cholesterol: 105.12mg (35.04%), Sodium: 872.16mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.89g (79.77%), Vitamin B3: 17.42mg (87.12%), Selenium: 55.21µg (78.88%), Vitamin B6: 1.28mg (63.99%), Phosphorus: 465.43mg (46.54%), Potassium: 904.35mg (25.84%), Vitamin B5: 2.46mg (24.63%), Calcium: 242.35mg (24.23%), Vitamin B1: 0.34mg (22.8%), Vitamin B2: 0.36mg (20.89%), Manganese: 0.39mg (19.32%), Vitamin E: 2.8mg (18.67%), Magnesium: 72.23mg (18.06%), Iron: 3.07mg (17.03%), Vitamin K: 17.68µg (16.84%), Vitamin C: 11.99mg (14.53%), Copper: 0.28mg (14.13%), Zinc: 2.02mg (13.45%), Folate: 52.54µg (13.13%), Fiber: 2.7g (10.79%), Vitamin A: 508.75IU (10.17%), Vitamin B12: 0.48µg (8.04%), Vitamin D: 0.22µg (1.43%)