



Skillet Chicken Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon seasoning italian
- 2 tablespoons parmesan cheese grated
- 1 eggs
- 16 oz chicken breast boneless skinless
- 3 tablespoons vegetable oil
- 2 cups pasta sauce italian organic (from 25.5 oz jar)
- 4 oz pizza cheese shredded italian
- 0.8 cup frangelico

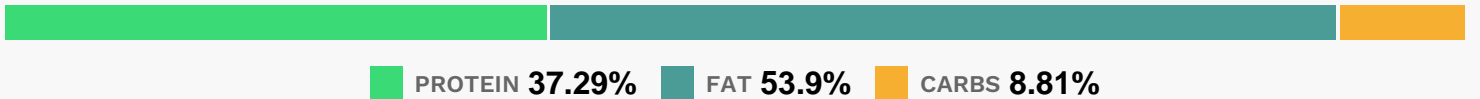
Equipment

- frying pan

Directions

- In shallow dish or pie plate, mix Bisquick mix, Italian seasoning and Parmesan cheese. In another shallow dish or pie plate, beat egg. Coat chicken with Bisquick mixture, then dip into egg, and coat again with Bisquick mixture.
- In 12-inch nonstick skillet, heat oil over medium heat.
- Add chicken; cook 4 to 6 minutes, turning once, until golden brown. Cover; cook 8 to 10 minutes longer, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Remove from skillet to plate.
- Add pasta sauce to skillet.
- Place chicken on top of sauce.
- Sprinkle with Italian cheese blend. Cover; cook 2 to 3 minutes or until bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:2.11, Inflammation Score:-6, Nutrition Score:18.495217406231%

Nutrients (% of daily need)

Calories: 367.42kcal (18.37%), Fat: 22.36g (34.4%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 6.18g (2.25%), Sugar: 4.42g (4.92%), Cholesterol: 121.34mg (40.45%), Sodium: 825.55mg (35.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.61%), Vitamin B3: 13.07mg (65.37%), Selenium: 41.3µg (59%), Vitamin B6: 1mg (49.77%), Phosphorus: 309.58mg (30.96%), Vitamin K: 25.6µg (24.38%), Potassium: 809.48mg (23.13%), Vitamin B5: 2.18mg (21.76%), Vitamin E: 3.03mg (20.22%), Vitamin B2: 0.25mg (14.97%), Vitamin A: 653.97IU (13.08%), Magnesium: 51.4mg (12.85%), Vitamin C: 9.95mg (12.06%), Calcium: 115.76mg (11.58%), Iron: 1.99mg (11.03%), Copper: 0.18mg (9.18%), Manganese: 0.18mg (8.91%), Fiber: 2.05g (8.2%), Zinc: 1.19mg (7.94%), Vitamin B1: 0.11mg (7.2%), Vitamin B12: 0.36µg (5.97%), Folate: 22.07µg (5.52%), Vitamin D: 0.35µg (2.31%)