



Skillet Chicken Parmesan

READY IN



25 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon basil dried fresh chopped
- ☐ 1.5 cups mozzarella cheese grated
- ☐ 0.3 cup breadcrumbs plain
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings salt and pepper
- ☐ 1 lb chicken breast halves boneless skinless
- ☐ 1 cup tomato sauce
- ☐ 2 tablespoons vegetable oil

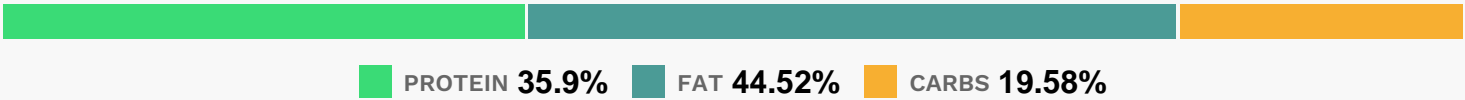
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between sheets of waxed paper and pound with a rolling pin or flat side of a meat mallet to 1/4-inch thickness (see Tip Strip on page 104).
- ☐ Toast bread crumbs in a dry, ovenproof skillet over medium heat until golden, shaking pan occasionally to stir, 2 to 3 minutes.
- ☐ Transfer bread crumbs to a bowl and let cool. Stir in Parmesan and basil and set aside.
- ☐ Sprinkle chicken with salt and pepper and dredge both sides in flour. Warm oil in skillet over medium-high heat and cook chicken until brown and cooked through, turning once, about 3 minutes per side.
- ☐ Preheat broiler to high.
- ☐ Remove skillet from heat and spoon tomato sauce over chicken.
- ☐ Sprinkle with bread crumb mixture and broil 1 minute until just toasted.
- ☐ Sprinkle with mozzarella; broil until cheese is golden and bubbling, 1 to 2 minutes longer, and serve.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:9.98, Inflammation Score:-6, Nutrition Score:22.130869533705%

Nutrients (% of daily need)

Calories: 438.41kcal (21.92%), Fat: 21.44g (32.98%), Saturated Fat: 8.36g (52.27%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 19.52g (7.1%), Sugar: 3.13g (3.47%), Cholesterol: 110mg (36.67%), Sodium: 1028.94mg (44.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.9g (77.8%), Selenium: 52.2µg (74.58%), Vitamin B3: 13.87mg (69.36%), Phosphorus: 475.08mg (47.51%), Vitamin B6: 0.95mg (47.37%), Calcium: 317.96mg (31.8%), Vitamin B2: 0.4mg (23.45%), Vitamin B12: 1.28µg (21.38%), Vitamin B5: 2mg (19.99%), Vitamin B1: 0.29mg (19.36%), Potassium: 672.43mg (19.21%), Vitamin K: 18.15µg (17.29%), Zinc: 2.41mg (16.05%), Magnesium: 57.05mg (14.26%), Manganese: 0.28mg (13.89%), Iron: 2.41mg (13.39%), Vitamin A: 632.89IU (12.66%), Folate: 49.63µg (12.41%), Vitamin E: 1.78mg (11.84%), Copper: 0.15mg (7.51%), Vitamin C: 5.65mg (6.85%), Fiber: 1.69g (6.77%), Vitamin D: 0.31µg (2.08%)