



Skillet Chicken Parmigiana

READY IN



25 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast halves boneless skinless
- ☐ 0.3 cup breadcrumbs dry italian-style
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 eggs
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups pasta sauce (any variety)
- ☐ 2 oz mozzarella cheese shredded

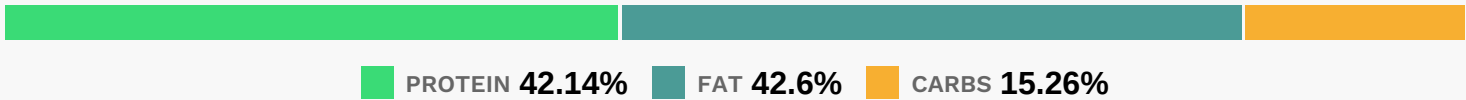
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Between sheets of plastic wrap or waxed paper, flatten each chicken breast half to 1/4-inch thickness. In shallow dish, mix bread crumbs and Parmesan cheese. In another shallow dish, beat egg. Dip chicken into egg, then coat with bread crumb mixture.
- ☐ In 12-inch skillet, heat oil over medium heat. Cook chicken in oil 10 to 15 minutes, turning once, until no longer pink in center.
- ☐ Pour pasta sauce around chicken in skillet; heat until hot.
- ☐ Sprinkle mozzarella cheese over chicken.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:23.821739082751%

Nutrients (% of daily need)

Calories: 379.99kcal (19%), Fat: 17.86g (27.48%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 12.16g (4.42%), Sugar: 5.11g (5.68%), Cholesterol: 150.09mg (50.03%), Sodium: 1061.29mg (46.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.52%), Vitamin B3: 16.62mg (83.12%), Selenium: 57.07µg (81.52%), Vitamin B6: 1.22mg (61.17%), Phosphorus: 470.39mg (47.04%), Potassium: 947.22mg (27.06%), Vitamin B5: 2.66mg (26.64%), Vitamin B2: 0.38mg (22.16%), Calcium: 192.12mg (19.21%), Vitamin E: 2.78mg (18.54%), Magnesium: 66.17mg (16.54%), Vitamin K: 17.31µg (16.49%), Vitamin A: 800.25IU (16.01%), Vitamin B1: 0.22mg (14.54%), Zinc: 2.14mg (14.26%), Vitamin B12: 0.85µg (14.14%), Iron: 2.43mg (13.49%), Manganese: 0.25mg (12.47%), Vitamin C: 10.28mg (12.46%), Copper: 0.21mg (10.75%), Fiber: 2.24g (8.97%), Folate: 32.99µg (8.25%), Vitamin D: 0.46µg (3.07%)