



Skillet Italian Chicken Parmesan

READY IN



30 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 eggs lightly beaten
- ☐ 4 servings ground pepper black to taste
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 8 ounces pasta dried
- ☐ 1.5 cups tomatoes
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup panko bread crumbs) (japanese-style
- ☐ 4 servings parmesan cheese grated

- ☐ 4 servings salt to taste
- ☐ 4 chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ microwave

Directions

- ☐ Whisk egg, the 1/2 teaspoon salt, and 1/4 teaspoon pepper in a shallow bowl.
- ☐ Combine panko, the 1/3 cup cheese, and Italian seasoning in another shallow bowl.
- ☐ Sprinkle chicken lightly with additional salt and pepper. Dip each chicken breast half into egg mixture, turn to coat all sides evenly. Then dip into panko mixture, turning to coat all sides evenly. Gently shake off any excess panko.
- ☐ [Cleaning Tip: Wipe off any chicken juice or egg that may have spilled on the countertop with a Clorox® Disinfecting Wipe*. Rinse hands once complete.]
- ☐ Cook linguine according to package directions in a large pot.
- ☐ Drain and return to the pot; cover to keep warm.
- ☐ While pasta cooks, heat oil over medium-high heat in a large skillet. Cook chicken in hot oil for 10 to 12 minutes or until chicken is no longer pink, turning once. (If chicken browns too quickly, reduce heat to medium.)
- ☐ Place marinara sauce in a microwave-safe dish. Microwave on 100 percent power (high) for 1 to 2 minutes or until heated through. stirring once. Spoon about 1/3 cup sauce over each chicken breast half.
- ☐ Sprinkle with additional Parmesan cheese.
- ☐ Serve chicken over pasta.

Nutrition Facts



 **PROTEIN 29.65%**  **FAT 31.86%**  **CARBS 38.49%**

Properties

Glycemic Index:39, Glycemic Load:18.63, Inflammation Score:-7, Nutrition Score:26.930869838466%

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

Nutrients (% of daily need)

Calories: 596.65kcal (29.83%), Fat: 20.93g (32.2%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 53.1g (19.31%), Sugar: 5.33g (5.93%), Cholesterol: 139.34mg (46.45%), Sodium: 1359.59mg (59.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.82g (87.64%), Selenium: 88.35µg (126.21%), Vitamin B3: 14.22mg (71.08%), Phosphorus: 594.72mg (59.47%), Vitamin B6: 1.07mg (53.74%), Manganese: 0.79mg (39.34%), Calcium: 324.68mg (32.47%), Potassium: 911.89mg (26.05%), Vitamin B5: 2.45mg (24.54%), Vitamin B2: 0.39mg (23.16%), Magnesium: 90mg (22.5%), Zinc: 3.22mg (21.49%), Vitamin E: 2.98mg (19.84%), Copper: 0.35mg (17.27%), Iron: 2.97mg (16.52%), Vitamin B1: 0.23mg (15.44%), Vitamin A: 760.35IU (15.21%), Fiber: 3.8g (15.2%), Vitamin B12: 0.76µg (12.59%), Vitamin K: 11.58µg (11.03%), Folate: 39.21µg (9.8%), Vitamin C: 7.8mg (9.45%), Vitamin D: 0.48µg (3.22%)