



Succulent Chicken Parmesan

READY IN



33 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup seasoned bread crumbs dry italian
- ☐ 0.3 cup real mayonnaise best foods®
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup pasta sauce traditional ragu® old world style®
- ☐ 2 oz mozzarella cheese shredded
- ☐ 1.3 lbs chicken breast halves boneless skinless

Equipment

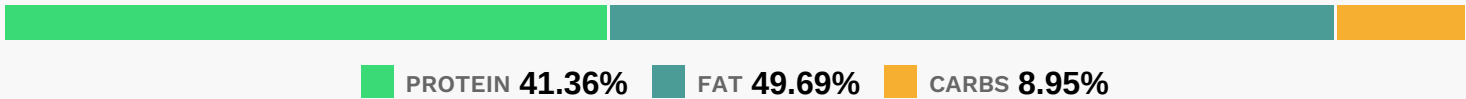
- ☐ baking sheet

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 42
 - ☐ Combine bread crumbs with Parmesan cheese in shallow dish; set aside.
 - ☐ Add chicken and Hellmann's or Best Foods Real Mayonnaise to large plastic bag; shake to evenly coat.
 - ☐ Remove chicken, then lightly coat in crumb mixture. Arrange chicken on cookie sheet.
 - ☐ Bake 20 minutes. Evenly top chicken with Pasta Sauce, then mozzarella cheese.
 - ☐ Bake an additional 3 minutes or until chicken is thoroughly cooked and cheese is melted.
- Preparation time: 10 Minute(s) Cook time: 23 Minute(s)

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:19.335217299669%

Nutrients (% of daily need)

Calories: 361.7kcal (18.09%), Fat: 19.56g (30.1%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.1g (2.58%), Sugar: 1.75g (1.95%), Cholesterol: 113.31mg (37.77%), Sodium: 696.94mg (30.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.29%), Vitamin B3: 15.57mg (77.85%), Selenium: 52.31µg (74.74%), Vitamin B6: 1.12mg (55.8%), Phosphorus: 411.96mg (41.2%), Vitamin K: 27.84µg (26.52%), Vitamin B5: 2.23mg (22.26%), Potassium: 657.82mg (18.79%), Calcium: 152.98mg (15.3%), Vitamin B2: 0.26mg (15.12%), Magnesium: 50.06mg (12.52%), Vitamin B12: 0.73µg (12.24%), Vitamin B1: 0.18mg (11.83%), Zinc: 1.7mg (11.35%), Vitamin E: 1.25mg (8.32%), Iron: 1.31mg (7.26%), Vitamin A: 348.59IU (6.97%), Manganese: 0.14mg (6.92%), Copper: 0.1mg (4.93%), Vitamin C: 4.05mg (4.91%), Folate: 19.42µg (4.85%), Fiber: 0.83g (3.31%), Vitamin D: 0.26µg (1.72%)