



## Tomato Chicken Parmesan

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs beaten
- 6 slices monterrey jack cheese
- 1 cup parmesan cheese grated
- 12 ounces pasta sauce
- 7 ounces seasoned bread crumbs
- 6 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

### Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Pour beaten eggs into a shallow dish or bowl. In another shallow dish or bowl, mix together the grated Parmesan cheese and bread crumbs. Dip chicken breasts into beaten egg, then into bread crumb mixture to coat.
- In a large skillet, heat oil over medium high heat.
- Add coated chicken and saute for about 8 to 10 minutes each side, or until chicken is cooked through and juices run clear.
- Pour tomato sauce into a lightly greased 9x13 inch baking dish.
- Add chicken, then place a slice of Monterey Jack cheese over each breast, and bake in the preheated oven for 20 minutes or until cheese is completely melted.

## Nutrition Facts



**PROTEIN 35.86%** **FAT 40.77%** **CARBS 23.37%**

## Properties

Glycemic Index:12, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:25.971304312996%

## Nutrients (% of daily need)

Calories: 484.72kcal (24.24%), Fat: 21.72g (33.42%), Saturated Fat: 9.86g (61.63%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 25.55g (9.29%), Sugar: 4.12g (4.58%), Cholesterol: 166.63mg (55.54%), Sodium: 1322.2mg (57.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.99g (85.97%), Selenium: 59.07µg (84.38%), Vitamin B3: 14.44mg (72.18%), Phosphorus: 570.18mg (57.02%), Vitamin B6: 1.02mg (50.95%), Calcium: 438.21mg (43.82%), Vitamin B2: 0.52mg (30.64%), Vitamin B1: 0.42mg (27.89%), Vitamin B5: 2.33mg (23.29%), Manganese: 0.42mg (21.22%), Vitamin K: 22.22µg (21.17%), Potassium: 736.48mg (21.04%), Zinc: 3mg (20.03%), Iron: 3.12mg (17.35%), Magnesium: 68.25mg (17.06%), Vitamin A: 781.93IU (15.64%), Vitamin B12: 0.93µg (15.49%), Folate: 61.91µg (15.48%), Vitamin E: 1.61mg (10.76%), Copper: 0.2mg (10.13%), Fiber: 2.47g (9.88%), Vitamin C: 6.22mg (7.54%), Vitamin D: 0.66µg (4.38%)