

# Chicken Parmesan II

20 Minute Meals

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## Servings: 4

*1/2 cup Italian-style bread crumbs*  
*1/2 cup grated Parmesan cheese*  
*3 tablespoons olive oil*  
*4 small (1-1/2 pounds) chicken breast halves*  
*2 large eggs, beaten*  
*3/4 cup marinara sauce*  
*6 ounces mozzarella cheese, shredded*  
*crusty bread*

Preheat the oven to 450 degrees.

In a bowl, combine the bread crumbs and Parmesan cheese.

In a twelve-inch skillet, heat the olive oil on medium-high.

Dip the chicken breasts in the egg mixture, then coat with the crumb mixture. Add the chicken to the skillet. Fry until golden brown on both sides.

Transfer the chicken to a baking dish. Top with the marinara sauce and mozzarella cheese.

Bake for 20 minutes.

Serve with crusty bread.

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Per Serving (excluding unknown items): 584 Calories; 40g Fat (63.3% calories from fat); 47g Protein; 5g Carbohydrate; 1g Dietary Fiber; 245mg Cholesterol; 682mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 4 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	584	<b>Vitamin B6 (mg):</b>	.9mg
<b>% Calories from Fat:</b>	63.3%	<b>Vitamin B12 (mcg):</b>	1.3mcg
<b>% Calories from Carbohydrates:</b>	3.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	32.9%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	40g	<b>Folacin (mcg):</b>	27mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	15mg

**Monounsaturated Fat (g):** 18g  
**Polyunsaturated Fat (g):** 5g  
**Cholesterol (mg):** 245mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 47g  
**Sodium (mg):** 682mg  
**Potassium (mg):** 533mg  
**Calcium (mg):** 421mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 873IU  
**Vitamin A (r.e.):** 224RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 6 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 584 **Calories from Fat:** 369

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#### % Daily Values\*

<b>Total Fat</b> 40g		62%
Saturated Fat 15g		73%
<b>Cholesterol</b> 245mg		82%
<b>Sodium</b> 682mg		28%
<b>Total Carbohydrates</b> 5g		2%
Dietary Fiber 1g		3%
<b>Protein</b> 47g		
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<b>Vitamin A</b>		17%
<b>Vitamin C</b>		9%
<b>Calcium</b>		42%
<b>Iron</b>		11%

*\* Percent Daily Values are based on a 2000 calorie diet.*