

Simple Chicken Parmesan

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Servings: 4

1/4 cup Progresso panko bread crumbs
1/4 cup Parmesan cheese, grated
4 (about 1-1/4 pound total) boneless/skinless chicken breast halves
1/4 cup Hellman's mayonnaise
1/2 cup Prego Italian pasta sauce
1/2 cup (2 ounce) mozzarella cheese, shredded

Preparation Time: 10 minutes

Cook Time: 23 minutes

Preheat the oven to 425 degrees.

In a shallow dish, combine the bread crumbs with the Parmesan cheese. Set aside.

Add the chicken and mayonnaise to a large plastic bag. Shake to evenly coat. Remove the chicken, then lightly coat in the crumb mixture. Arrange the chicken on a baking sheet.

Bake for 20 minutes.

Evenly top the chicken with the pasta sauce. Place the mozzarella on top of the sauce.

Bake an additional 3 minutes or until the chicken is thoroughly cooked and the cheese is melted.

Per Serving (excluding unknown items): 68 Calories; 5g Fat (66.5% calories from fat); 5g Protein; 1g Carbohydrate; 0g Dietary Fiber; 17mg Cholesterol; 152mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	68	Vitamin B6 (mg):	trace
% Calories from Fat:	66.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	30.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	2mcg
Saturated Fat (g):	3g	Niacin (mg):	trace

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 17mg
Carbohydrate (g): 1g
Dietary Fiber (g): 0g
Protein (g): 5g
Sodium (mg): 152mg
Potassium (mg): 16mg
Calcium (mg): 150mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 163IU
Vitamin A (r.e.): 49RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 68 **Calories from Fat:** 45

% Daily Values*

Total Fat 5g		8%
Saturated Fat 3g		16%
Cholesterol 17mg		6%
Sodium 152mg		6%
Total Carbohydrates 1g		0%
Dietary Fiber 0g		0%
Protein 5g		

Vitamin A		3%
Vitamin C		0%
Calcium		15%
Iron		0%

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