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Chicken Parmigiana

Chicken Parmigiana is a classic Italian-American dish consisting of breaded chicken cutlets topped with tomato sauce and melted cheese. It is typically served with pasta or as a sandwich. This recipe has been passed down through generations and is a favorite comfort food for many.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 45 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Chicken Breasts
100 g	breadcrumbs
2 pieces	Eggs
50 g	flour

500 g	tomato sauce
200 g	mozzarella cheese
50 g	parmesan cheese
50 ml	olive oil
5 g	salt
5 g	pepper
2 g	dried oregano

Directions

Step 1

Preheating

Preheat the oven to 200°C (400°F).

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Pound the chicken breasts to an even thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Seasoning

Season the chicken breasts with salt, pepper, and dried oregano.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Coating

Dredge the chicken breasts in flour, then dip them in beaten eggs, and coat them with breadcrumbs.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Frying

Heat olive oil in a large skillet over medium heat. Cook the chicken breasts until golden brown on both sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Baking

Transfer the chicken breasts to a baking dish. Top with tomato sauce, mozzarella cheese, and Parmesan cheese.

Prep Time: 5 mins

Cook Time: 15 mins

Step 7

Oven

Bake in the preheated oven for 15 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 8

Serving

Serve hot with pasta or as a sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill

Course

Main Dishes

Salads

Sauces & Dressings

Cooking Method

Frying

Baking

Boiling

Steaming

Cutting

Cut

Mixing

Serving

Cooking

None

Stir-frying

Preheating

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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