



Amy's Garlic Egg Chicken

READY IN



285 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 tablespoon parsley dried
- ☐ 1 cup bread crumbs dry
- ☐ 1 egg yolk
- ☐ 6 cloves garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground pepper black
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 tablespoon salt

☐ 4 chicken breast halves boneless skinless

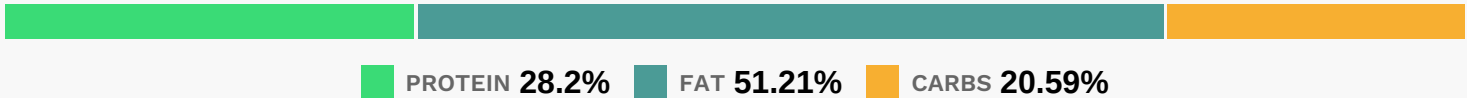
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ In a glass dish, beat egg yolk with garlic.
- ☐ Place chicken in egg mixture, and turn to coat. Cover dish and refrigerate for at least 4 hours, or overnight if possible.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Melt butter and pour into the bottom of a 9x13 inch baking dish.
- ☐ Mix together the bread crumbs, Parmesan cheese, parsley, garlic powder, salt and pepper. Dip marinated chicken in crumb mixture.
- ☐ Place coated chicken in baking dish, and pour remaining egg mixture over.
- ☐ Bake in preheated oven for 15 to 20 minutes on each side, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:22.666086860325%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 524.33kcal (26.22%), Fat: 29.69g (45.68%), Saturated Fat: 16.1g (100.63%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 24.86g (9.04%), Sugar: 1.87g (2.08%), Cholesterol: 187.82mg (62.61%), Sodium: 1779.99mg (77.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.59%), Selenium: 55.71µg (79.58%), Vitamin B3: 13.72mg (68.6%), Vitamin B6: 1.01mg (50.67%), Phosphorus: 482.65mg (48.27%), Manganese: 0.63mg (31.31%), Calcium: 309.52mg (30.95%), Vitamin B1: 0.37mg (24.63%), Vitamin B2: 0.36mg (21.26%), Vitamin B5: 2.07mg (20.66%), Potassium: 602.4mg (17.21%), Vitamin A: 858.14IU (17.16%), Zinc: 2.41mg (16.07%), Magnesium: 57.64mg (14.41%), Iron: 2.41mg (13.41%), Vitamin B12: 0.78µg (13.02%), Vitamin K: 13.27µg (12.64%), Folate: 44.34µg (11.09%), Copper: 0.16mg (8.07%), Fiber: 2g (8.01%), Vitamin E: 1.04mg (6.96%), Vitamin C: 3.41mg (4.13%), Vitamin D: 0.48µg (3.21%)