



Baked Chicken Breasts With Parmesan Crust

READY IN



35 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup coarse baguette breadcrumbs dried
- 0.3 teaspoon cayenne pepper
- 2 tablespoons dijon mustard
- 4 servings kosher salt
- 0.8 cup parmesan cheese freshly grated
- 32 ounces chicken breast halves boneless skinless
- 0.5 teaspoon thyme leaves chopped

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 450 degrees F.
- Mix the mustard, thyme, 1/2 teaspoon salt and the cayenne in a medium bowl.
- Add the chicken breasts and turn to coat completely; set aside. In a medium shallow bowl, combine the parmesan and panko. Dredge the chicken pieces in the panko mixture, coating evenly and heavily, and pressing the coating into the meat.
- Put the chicken on a rack set over a baking sheet, spray with a quick burst of cooking spray and put the sheet in the middle of the oven.
- Bake until the chicken is golden and cooked through, 15 to 20 minutes.
- Let rest 5 minutes before cutting or serving.
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:14.69, Inflammation Score:-7, Nutrition Score:26.772608477136%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 457.6kcal (22.88%), Fat: 12.61g (19.41%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 22.87g (8.32%), Sugar: 2.21g (2.46%), Cholesterol: 161.46mg (53.82%), Sodium: 1141.7mg (49.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.26g (116.51%), Vitamin B3: 25.74mg (128.7%), Selenium: 89.33µg (127.61%), Vitamin B6: 1.77mg (88.46%), Phosphorus: 646.02mg (64.6%), Vitamin B5: 3.48mg (34.84%), Vitamin B1: 0.42mg (28.21%), Potassium: 943.98mg (26.97%), Vitamin B2: 0.44mg (25.95%), Calcium: 229.71mg (22.97%), Magnesium: 81.26mg (20.31%), Zinc: 2.53mg (16.89%), Manganese: 0.29mg (14.72%), Folate: 58.43µg (14.61%), Iron: 2.63mg (14.6%), Vitamin B12: 0.71µg (11.78%), Copper: 0.13mg (6.5%), Vitamin A: 299.44IU

(5.99%), Fiber: 1.32g (5.29%), Vitamin E: 0.72mg (4.79%), Vitamin C: 3.25mg (3.94%), Vitamin K: 2.32µg (2.21%),
Vitamin D: 0.32µg (2.14%)