



## Baked Chicken Parmesan

READY IN



75 min.

SERVINGS



5

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb broiler-fryer chicken
- 1 cup corn flakes crushed
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 0.1 tsp pepper

### Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Mix crushed corn flakes, cheese and pepper.
- Brush chicken with mayo; sprinkle with crumb mixture.
- Place in 13x9-inch baking dish sprayed with cooking spray.
- Bake 1 hour or until chicken is done (165F).

## Nutrition Facts

**PROTEIN 26.83%** **FAT 67.63%** **CARBS 5.54%**

## Properties

Glycemic Index:16.4, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:12.407826073792%

## Nutrients (% of daily need)

Calories: 398.19kcal (19.91%), Fat: 29.48g (45.35%), Saturated Fat: 7.72g (48.27%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.23g (1.9%), Sugar: 0.6g (0.67%), Cholesterol: 107.03mg (35.68%), Sodium: 290.9mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.62%), Vitamin B3: 9.89mg (49.46%), Selenium: 21.29µg (30.41%), Vitamin B6: 0.56mg (28.13%), Phosphorus: 231.88mg (23.19%), Vitamin K: 20.38µg (19.41%), Iron: 2.85mg (15.81%), Vitamin B2: 0.26mg (15.37%), Zinc: 2mg (13.34%), Vitamin B12: 0.77µg (12.77%), Vitamin B5: 1.24mg (12.38%), Vitamin B1: 0.16mg (10.4%), Potassium: 268.41mg (7.67%), Magnesium: 30.26mg (7.56%), Folate: 28.7µg (7.17%), Vitamin A: 333.71IU (6.67%), Calcium: 59.97mg (6%), Vitamin E: 0.79mg (5.28%), Vitamin C: 3.27mg (3.96%), Copper: 0.08mg (3.93%), Vitamin D: 0.51µg (3.4%), Manganese: 0.05mg (2.28%)