



Baked Dijon Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup dijon mustard
- 0.3 cup breadcrumbs plain dry
- 0.3 cup evaporated milk fat free
- 0.3 cup parmesan cheese grated
- 16 ounce chicken breast halves boneless skinless

Equipment

Nutrition Facts



■ PROTEIN 55.12% ■ FAT 29.36% ■ CARBS 15.52%

Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:14.543043478261%

Nutrients (% of daily need)

Calories: 213kcal (10.65%), Fat: 6.76g (10.4%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.07g (2.57%), Sugar: 2.23g (2.47%), Cholesterol: 82.58mg (27.53%), Sodium: 478.21mg (20.79%), Protein: 28.56g (57.12%), Selenium: 45.83µg (65.47%), Vitamin B3: 12.4mg (61.99%), Vitamin B6: 0.88mg (44.06%), Phosphorus: 337.68mg (33.77%), Vitamin B5: 1.82mg (18.21%), Potassium: 515.37mg (14.72%), Vitamin B2: 0.22mg (13.07%), Calcium: 124.18mg (12.42%), Vitamin B1: 0.18mg (11.76%), Magnesium: 45.82mg (11.46%), Zinc: 1.25mg (8.31%), Manganese: 0.15mg (7.51%), Vitamin B12: 0.36µg (6%), Iron: 1.05mg (5.84%), Fiber: 0.97g (3.89%), Folate: 14.48µg (3.62%), Copper: 0.06mg (3.22%), Vitamin A: 136.77IU (2.74%), Vitamin E: 0.33mg (2.22%), Vitamin C: 1.72mg (2.09%), Vitamin D: 0.16µg (1.07%), Vitamin K: 1.11µg (1.05%)