



Baked Herb-Crusted Chicken Breasts

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter ()
- 1.5 cups breadcrumbs plain dry
- 6 tablespoons basil fresh chopped
- 3 tablespoons parsley fresh chopped
- 1.5 tablespoons rosemary leaves fresh chopped
- 0.5 teaspoon pepper black
- 6 tablespoons juice of lemon fresh
- 6 servings lemon wedges
- 2 tablespoons olive oil

- 1.5 teaspoons salt
- 6 chicken breast halves boneless skinless

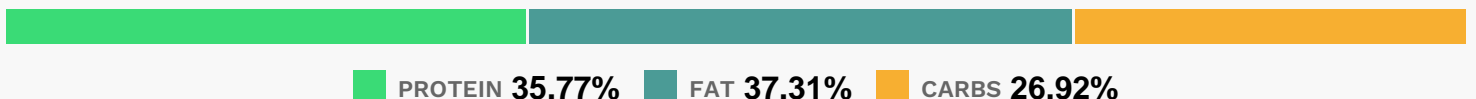
Equipment

- baking sheet
- paper towels
- sauce pan
- oven
- plastic wrap
- meat tenderizer
- glass baking pan
- pie form

Directions

- Using meat mallet, pound chicken breasts between sheets of plastic wrap to 1/2- to 3/4-inch thickness. Arrange chicken in 15x10x2-inch glass baking dish.
- Pour lemon juice over. Cover and refrigerate 1 hour.
- Remove chicken from dish and pat dry with paper towels.
- Preheat oven to 450°F. Melt butter with oil in small saucepan over medium heat; cool slightly.
- Mix breadcrumbs, basil, parsley, rosemary, salt, and pepper in pie dish.
- Brush chicken breasts on both sides with melted butter mixture. Coat chicken on both sides with breadcrumb mixture.
- Place chicken on baking sheet.
- Bake until chicken is cooked through and breadcrumbs are golden, about 20 minutes.
- Transfer to plates.
- Serve, passing lemon wedges alongside.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:18.539130438929%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 316.03kcal (15.8%), Fat: 12.91g (19.86%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 19.46g (7.08%), Sugar: 2.1g (2.34%), Cholesterol: 82.35mg (27.45%), Sodium: 941.72mg (40.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.71%), Vitamin B3: 13.64mg (68.22%), Selenium: 43.05µg (61.5%), Vitamin B6: 0.89mg (44.7%), Vitamin K: 46.52µg (44.3%), Phosphorus: 287.2mg (28.72%), Vitamin B1: 0.34mg (22.69%), Vitamin B5: 1.8mg (18.05%), Manganese: 0.32mg (16.04%), Potassium: 511.67mg (14.62%), Vitamin B2: 0.23mg (13.55%), Vitamin C: 10.82mg (13.12%), Magnesium: 45.1mg (11.27%), Iron: 2.01mg (11.16%), Folate: 41.63µg (10.41%), Vitamin A: 441.15IU (8.82%), Zinc: 1.1mg (7.37%), Vitamin E: 1.07mg (7.16%), Calcium: 66.37mg (6.64%), Fiber: 1.5g (5.99%), Copper: 0.12mg (5.85%), Vitamin B12: 0.33µg (5.47%)