

Baked Parmesan-Crusted Chicken

READY IN



85 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter
- ☐ 1 cup bread crumbs dry
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 24 ounce chicken breast halves boneless skinless

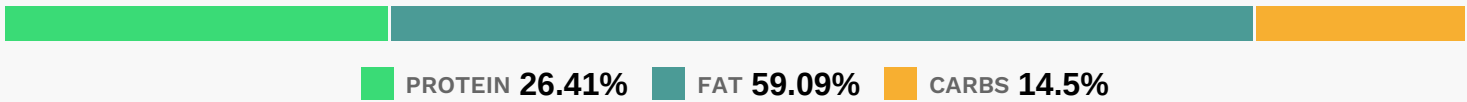
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt the butter with the garlic in a saucepan over medium heat. When the butter starts to bubble, remove from the heat and allow to cool slightly. Stir the breadcrumbs together with the Parmesan cheese, thyme, basil, oregano, pepper, and salt in a bowl. Dip the chicken breasts in the butter, then press into the seasoned bread crumbs.
- ☐ Place the chicken into a 9x13 inch baking dish.
- ☐ Bake in the preheated oven until the chicken is golden brown and no longer pink in the center, 50 to 55 minutes.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:17.924782439418%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 435.84kcal (21.79%), Fat: 28.58g (43.97%), Saturated Fat: 16.34g (102.15%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.89g (5.05%), Sugar: 1.22g (1.35%), Cholesterol: 138.41mg (46.14%), Sodium: 737.61mg (32.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.47%), Vitamin B3: 13.17mg (65.86%), Selenium: 43.28µg (61.82%), Vitamin B6: 0.92mg (45.78%), Phosphorus: 316.84mg (31.68%), Vitamin A:

966.09IU (19.32%), Vitamin B5: 1.8mg (17.98%), Manganese: 0.35mg (17.3%), Vitamin B1: 0.26mg (17.06%), Vitamin K: 16.78µg (15.98%), Potassium: 514.22mg (14.69%), Vitamin B2: 0.24mg (13.9%), Calcium: 134.08mg (13.41%), Iron: 2.39mg (13.27%), Magnesium: 48.79mg (12.2%), Zinc: 1.29mg (8.6%), Vitamin E: 1.23mg (8.19%), Folate: 30.48µg (7.62%), Fiber: 1.9g (7.59%), Vitamin B12: 0.41µg (6.88%), Vitamin C: 5.57mg (6.75%), Copper: 0.11mg (5.45%)