



Baked Parmesan Dijon Chicken Breasts

READY IN



30 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 2 tablespoons dijon mustard
- 0.8 cup breadcrumbs dry
- 0.3 cup parmesan cheese grated
- 6 chicken breast halves boneless skinless

Equipment

Nutrition Facts



 PROTEIN **41.25%**  FAT **42.77%**  CARBS **15.98%**

Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:14.149130434783%

Nutrients (% of daily need)

Calories: 270.74kcal (13.54%), Fat: 12.59g (19.37%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 9.76g (3.55%), Sugar: 0.91g (1.01%), Cholesterol: 75.94mg (25.32%), Sodium: 447.01mg (19.44%), Protein: 27.32g (54.65%), Vitamin B3: 12.72mg (63.57%), Selenium: 42.72µg (61.03%), Vitamin B6: 0.87mg (43.52%), Phosphorus: 293.57mg (29.36%), Vitamin B5: 1.72mg (17.21%), Vitamin B1: 0.21mg (14.29%), Potassium: 463.7mg (13.25%), Vitamin B2: 0.19mg (11.09%), Magnesium: 39.33mg (9.83%), Manganese: 0.17mg (8.27%), Vitamin A: 411.82IU (8.24%), Calcium: 73.18mg (7.32%), Zinc: 1.06mg (7.09%), Iron: 1.17mg (6.49%), Vitamin B12: 0.34µg (5.65%), Folate: 19.66µg (4.91%), Vitamin E: 0.56mg (3.72%), Copper: 0.07mg (3.52%), Fiber: 0.82g (3.29%), Vitamin C: 1.39mg (1.69%), Vitamin K: 1.26µg (1.2%)