



Breaded Parmesan Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1 teaspoon curry powder
- 1 tablespoon parsley dried
- 3 tablespoons parmesan cheese grated
- 1 tablespoon penzey's southwest seasoning italian-style
- 6 chicken breast halves boneless skinless
- 0.5 cup herb-seasoned stuffing mix crushed finely

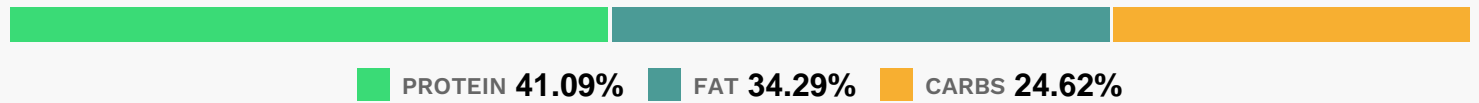
Equipment

- oven
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small shallow dish combine the stuffing mix, cheese, parsley, curry powder and seasoning.
- Mix together.
- In an 8x11 inch baking dish, melt the butter/margarine in the microwave. Dip the chicken breasts in the stuffing mixture, coating both sides of each breast.
- Place chicken in baking dish and sprinkle any leftover stuffing mixture over the chicken.
- Bake in the preheated oven for 20 minutes, then turn chicken pieces over and bake for another 20 to 25 minutes or until chicken is cooked through. Enjoy!

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:15.404348044292%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 269.9kcal (13.5%), Fat: 10.07g (15.5%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.09g (5.49%), Sugar: 1.7g (1.89%), Cholesterol: 89.74mg (29.91%), Sodium: 498.73mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Selenium: 46.71µg (66.73%), Vitamin B3: 13.01mg (65.05%), Vitamin B6: 0.89mg (44.71%), Phosphorus: 286.48mg (28.65%), Vitamin B5: 1.72mg (17.16%), Potassium: 497.47mg (14.21%), Vitamin B1: 0.19mg (12.92%), Vitamin B2: 0.22mg (12.76%), Manganese: 0.22mg (11.24%), Magnesium: 42.71mg (10.68%), Vitamin K: 11.02µg (10.5%), Folate: 41.09µg (10.27%), Iron: 1.66mg (9.23%), Calcium: 67.26mg (6.73%), Zinc: 1.01mg (6.72%), Vitamin A: 254.77IU (5.1%), Vitamin E: 0.72mg (4.8%), Fiber: 1.18g (4.74%), Vitamin B12: 0.28µg (4.59%), Copper: 0.09mg (4.45%), Vitamin C: 1.83mg (2.22%)