

## 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 seasoning italian-style
- 6 chicken breast halves boneless skinless
- 0.5 cup bread stuffing mix crushed finely

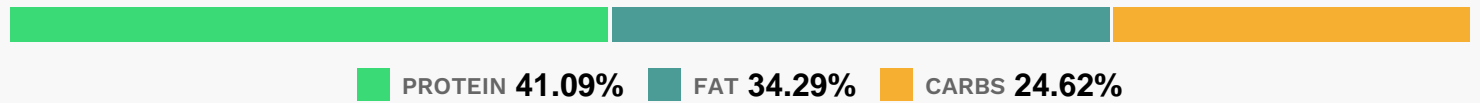
### Equipment

- 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%)