



## Broiled Parmesan Chicken

READY IN



15 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup italian-seasoned breadcrumbs
- 3 tablespoons mustard coarse-grained
- 2 tablespoons parmesan cheese grated
- 16 ounce skinned

### Equipment

- bowl
- oven
- broiler pan

## Directions

- Combine breadcrumbs and cheese in a small bowl, stirring well.
- Brush both sides of each chicken breast half with mustard; dredge in breadcrumb mixture.
- Place chicken on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes on each side or until chicken is done.
- Serve immediately.

## Nutrition Facts

**PROTEIN 55.4%** **FAT 22.01%** **CARBS 22.59%**

## Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:14.585652245128%

## Nutrients (% of daily need)

Calories: 204.11kcal (10.21%), Fat: 4.84g (7.45%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 9.96g (3.62%), Sugar: 1.02g (1.14%), Cholesterol: 74.9mg (24.97%), Sodium: 499.44mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.82%), Vitamin B3: 12.82mg (64.08%), Selenium: 44.69µg (63.85%), Vitamin B6: 0.88mg (44.24%), Phosphorus: 292.69mg (29.27%), Vitamin B5: 1.75mg (17.51%), Vitamin B1: 0.24mg (15.91%), Potassium: 475.7mg (13.59%), Vitamin B2: 0.19mg (11.28%), Manganese: 0.21mg (10.68%), Magnesium: 42.66mg (10.66%), Iron: 1.35mg (7.49%), Zinc: 1.05mg (7.02%), Vitamin K: 7.34µg (6.99%), Calcium: 62.16mg (6.22%), Folate: 23.32µg (5.83%), Vitamin B12: 0.31µg (5.22%), Fiber: 1.22g (4.88%), Copper: 0.08mg (3.83%), Vitamin C: 1.81mg (2.19%), Vitamin E: 0.31mg (2.04%), Vitamin A: 92.58IU (1.85%)