



Chicken Parmayonnaise

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings kosher salt
- 1 teaspoon seasoning italian
- 0.5 cup mayonnaise
- 0.5 cup parmesan grated
- 6 chicken breast boneless skinless

Equipment

- oven
- baking pan

Directions

- Oven to 375. Lightly pound breasts to uniform thickness (not thin).
- Combine ingredients.
- Place chicken in baking dish.
- Spread mix evenly over chicken.
- Bake 25–30 minutes until top starts to brown.

Nutrition Facts

PROTEIN 38.46% **FAT 60.68%** **CARBS 0.86%**

Properties

Glycemic Index:13.67, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:13.648695652174%

Nutrients (% of daily need)

Calories: 289.3kcal (14.47%), Fat: 19.06g (29.32%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.19g (0.21%), Cholesterol: 85.83mg (28.61%), Sodium: 576.99mg (25.09%), Protein: 27.18g (54.36%), Vitamin B3: 11.82mg (59.12%), Selenium: 38.48µg (54.97%), Vitamin B6: 0.86mg (42.95%), Vitamin K: 32.87µg (31.3%), Phosphorus: 299.55mg (29.95%), Vitamin B5: 1.68mg (16.83%), Potassium: 433.74mg (12.39%), Calcium: 111.25mg (11.13%), Vitamin B2: 0.15mg (8.59%), Magnesium: 34.14mg (8.53%), Zinc: 0.92mg (6.15%), Vitamin E: 0.91mg (6.04%), Vitamin B12: 0.35µg (5.81%), Vitamin B1: 0.08mg (5.2%), Iron: 0.65mg (3.61%), Vitamin A: 116.79IU (2.34%), Copper: 0.04mg (1.95%), Manganese: 0.04mg (1.85%), Folate: 6.83µg (1.71%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.19µg (1.28%)