



Chicken Supreme

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 teaspoon celery salt
- 0.8 cup breadcrumbs dry
- 0.3 cup parsley fresh chopped
- 4 garlic cloves minced
- 0.3 cup juice of lemon
- 3 tablespoons butter divided melted reduced-calorie
- 1 teaspoon paprika
- 0.5 teaspoon salt

- 24 ounce skinned
- 1 cup cup heavy whipping cream fat-free sour
- 2 teaspoons worcestershire sauce

Equipment

- oven
- baking pan
- ziploc bags

Directions

- Combine first 8 ingredients in a large zip-top plastic bag.
- Add chicken; seal and marinate in refrigerator overnight.
- Remove chicken from bag; discard marinade.
- Preheat oven to 32
- Place breadcrumbs in a shallow dish. Dredge the chicken in breadcrumbs.
- Place the chicken in a 13 x 9-inch baking dish coated with cooking spray.
- Drizzle 1 1/2 tablespoons margarine over chicken, and bake at 325 for 30 minutes.
- Pour 1 1/2 tablespoons margarine over chicken, and bake for an additional 15 minutes or until done.
- Sprinkle chicken with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:17.572608616041%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg
Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 273.14kcal (13.66%), Fat: 9.71g (14.93%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 17.96g (5.99%),
Net Carbohydrates: 17.04g (6.19%), Sugar: 1.52g (1.69%), Cholesterol: 76.02mg (25.34%), Sodium: 963.6mg (41.9%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.87%), Vitamin B3: 12.86mg (64.28%), Selenium:
42.06µg (60.08%), Vitamin B6: 0.91mg (45.67%), Vitamin K: 42.71µg (40.68%), Phosphorus: 306.36mg (30.64%),
Vitamin B5: 1.74mg (17.43%), Potassium: 556.86mg (15.91%), Vitamin A: 774.29IU (15.49%), Vitamin B1: 0.23mg
(15.36%), Vitamin B2: 0.24mg (14.19%), Vitamin C: 9.52mg (11.54%), Magnesium: 42.86mg (10.71%), Manganese:
0.21mg (10.39%), Calcium: 92.19mg (9.22%), Iron: 1.47mg (8.15%), Zinc: 1.12mg (7.48%), Folate: 29.52µg (7.38%),
Vitamin B12: 0.4µg (6.61%), Copper: 0.09mg (4.58%), Vitamin E: 0.59mg (3.94%), Fiber: 0.92g (3.68%)