



Chili Parmesan Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp chili powder
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless

Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Mix cheese and chili powder in pie plate.
- Add chicken; turn to evenly coat all sides.
- Place chicken in shallow baking dish.
- Bake 20 to 25 min. or until chicken is done (165F).

Nutrition Facts

PROTEIN 70.8% **FAT 26.51%** **CARBS 2.69%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.892174005508%

Nutrients (% of daily need)

Calories: 149.35kcal (7.47%), Fat: 4.23g (6.51%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.07g (0.08%), Cholesterol: 76.2mg (25.4%), Sodium: 219.22mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.86%), Vitamin B3: 11.94mg (59.68%), Selenium: 37.93µg (54.18%), Vitamin B6: 0.87mg (43.58%), Phosphorus: 267.25mg (26.73%), Vitamin B5: 1.64mg (16.37%), Potassium: 444.79mg (12.71%), Magnesium: 32.28mg (8.07%), Vitamin B2: 0.14mg (8.01%), Vitamin A: 336.91IU (6.74%), Zinc: 0.88mg (5.85%), Vitamin B1: 0.08mg (5.06%), Vitamin B12: 0.28µg (4.72%), Calcium: 45.47mg (4.55%), Vitamin E: 0.58mg (3.87%), Iron: 0.59mg (3.3%), Copper: 0.04mg (2.06%), Manganese: 0.04mg (1.79%), Vitamin C: 1.37mg (1.66%), Folate: 5.04µg (1.26%), Fiber: 0.31g (1.25%), Vitamin K: 1.25µg (1.19%)