



Crispy Baked Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1.5 teaspoons basil dried
- ☐ 1.5 teaspoons garlic minced
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 chicken breast halves boneless skinless
- ☐ 2 tablespoons vegetable oil

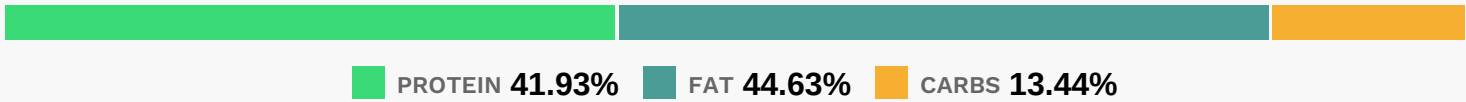
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bread into a food processor and blend until crumbled.
- ☐ Transfer bread crumbs to a shallow bowl.
- ☐ Add 1 cup Parmesan cheese, oregano, basil, and garlic; stir to combine.
- ☐ Press chicken breast halves into bread crumb mixture until coated; arrange on a large baking dish.
- ☐ Drizzle chicken with vegetable oil and sprinkle with remaining 1/2 cup Parmesan cheese.
- ☐ Bake in the preheated oven until chicken breasts are no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:16.480869630109%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 285.12kcal (14.26%), Fat: 13.92g (21.42%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.29g (3.01%), Sugar: 0.87g (0.97%), Cholesterol: 83.19mg (27.73%), Sodium: 416.78mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.87%), Selenium: 44.78µg (63.98%), Vitamin B3: 12.65mg (63.25%), Vitamin B6: 0.9mg (45.07%), Phosphorus: 338.84mg (33.88%), Vitamin K: 26.3µg (25.04%),

Vitamin B5: 1.78mg (17.85%), Calcium: 160.06mg (16.01%), Manganese: 0.3mg (15%), Potassium: 487.81mg (13.94%),
Vitamin B2: 0.2mg (11.91%), Magnesium: 45.14mg (11.29%), Iron: 1.7mg (9.46%), Zinc: 1.41mg (9.39%), Vitamin B1:
0.14mg (9.17%), Vitamin E: 1.08mg (7.23%), Vitamin B12: 0.39µg (6.58%), Folate: 20.74µg (5.18%), Fiber: 1.15g (4.6%),
Copper: 0.07mg (3.69%), Vitamin A: 162.21IU (3.24%), Vitamin C: 1.76mg (2.13%), Vitamin D: 0.18µg (1.17%)