



Crispy Garlic-Parmesan Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup asiago cheese shredded finely
- ☐ 0.3 cup butter melted
- ☐ 0.7 cup panko bread crumbs crispy italian progresso®
- ☐ 4 chicken breast boneless skinless

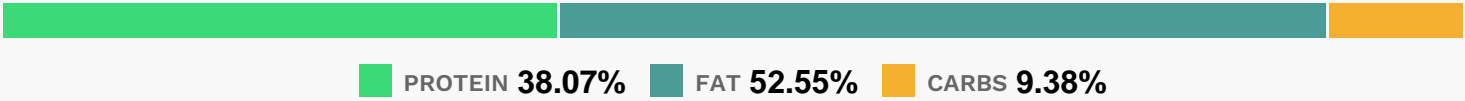
Equipment

- ☐ frying pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ POUND chicken gently, smooth side down, with meat mallet or rolling pin until 1/2 inch thick.
- ☐ MIX in shallow dish butter and 1 T. of the cooking sauce; in another shallow dish, mix bread crumbs and cheese. Dip chicken into butter mixture, then dip into bread crumb mixture to coat.
- ☐ HEAT 2 T. oil in 12-inch nonstick skillet over medium heat. Brown chicken in oil 12–15 minutes, carefully turning once, until chicken is no longer pink in center and coating is golden brown.
- ☐ HEAT remaining sauce until hot.
- ☐ Serve with chicken and mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:15.14565217495%

Nutrients (% of daily need)

Calories: 335.38kcal (16.77%), Fat: 19.27g (29.64%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.76g (0.85%), Cholesterol: 114.16mg (38.05%), Sodium: 562.51mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.81%), Vitamin B3: 12.5mg (62.5%), Selenium: 42.57µg (60.82%), Vitamin B6: 0.87mg (43.7%), Phosphorus: 372.87mg (37.29%), Calcium: 224.69mg (22.47%), Vitamin B5: 1.76mg (17.57%), Potassium: 456.44mg (13.04%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.18mg (11.75%), Vitamin A: 518.61IU (10.37%), Magnesium: 41.3mg (10.32%), Zinc: 1.27mg (8.48%), Vitamin B12: 0.49µg (8.09%), Iron: 1.04mg (5.78%), Manganese: 0.11mg (5.61%), Folate: 16.81µg (4.2%), Vitamin E: 0.59mg (3.92%), Copper: 0.06mg (3.07%), Vitamin K: 2.16µg (2.06%), Fiber: 0.45g (1.8%), Vitamin C: 1.36mg (1.64%), Vitamin D: 0.2µg (1.31%)