



## Crispy Garlic Parmesan Chicken

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.7 cup asiago cheese shredded finely
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.7 cup style panko bread crumbs crispy italian progresso®
- ☐ 4 chicken breasts boneless skinless

## Equipment

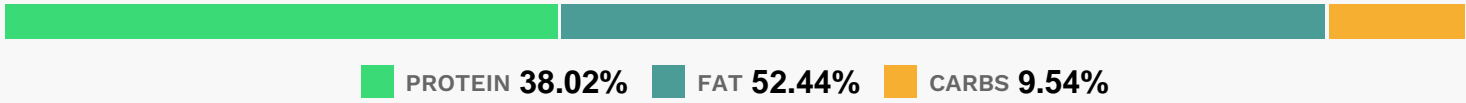
- ☐ baking sheet
- ☐ oven

- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ Heat oven to 400 degrees F. Line cookie sheet with foil; spray with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick.
- ☐ Sprinkle chicken with salt and pepper to taste.
- ☐ In shallow dish, mix butter, 3 tablespoons of the cooking sauce and the garlic powder. In another shallow dish, mix bread crumbs and cheese. Dip chicken into butter mixture, then dip into bread crumb mixture to coat.
- ☐ Place on cookie sheet.
- ☐ Bake 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165 degrees F) and coating is golden brown. Meanwhile, heat remaining sauce until hot.
- ☐ Serve chicken with pasta and sauce.
- ☐ Sprinkle with additional cheese and basil.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:15.182173884433%

## Nutrients (% of daily need)

Calories: 336kcal (16.8%), Fat: 19.27g (29.64%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.41g (2.7%), Sugar: 0.77g (0.85%), Cholesterol: 114.16mg (38.05%), Sodium: 562.62mg (24.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.87%), Vitamin B3: 12.5mg (62.51%), Selenium: 42.62µg (60.88%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 373.65mg (37.36%), Calcium: 224.84mg (22.48%), Vitamin B5: 1.76mg (17.58%), Potassium: 458.68mg (13.11%), Vitamin B2: 0.21mg (12.57%), Vitamin B1: 0.18mg (11.8%), Vitamin A: 518.61IU (10.37%), Magnesium: 41.44mg (10.36%), Zinc: 1.28mg (8.51%), Vitamin B12: 0.49µg (8.09%), Iron:

1.05mg (5.84%), Manganese: 0.11mg (5.7%), Folate: 16.9µg (4.23%), Vitamin E: 0.59mg (3.93%), Copper: 0.06mg (3.12%), Vitamin K: 2.16µg (2.06%), Fiber: 0.47g (1.87%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.2µg (1.31%)