



Crispy Parmesan Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 pound chicken pieces
- ☐ 1 cup breadcrumbs dry fine
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

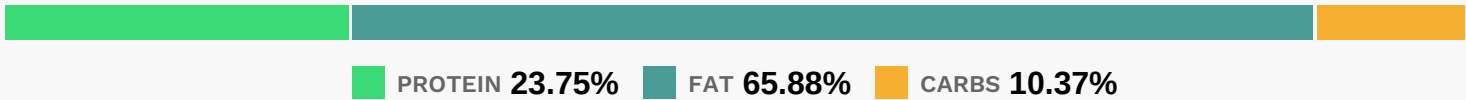
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Stir together first 6 ingredients, and set aside.
- ☐ Place butter and garlic in a shallow microwave–safe dish; microwave at HIGH 1 minute or until butter melts.
- ☐ Dip chicken into garlic butter, and coat evenly with breadcrumb mixture. Arrange chicken on a wire rack in a 15– x 10–inch jellyroll pan.
- ☐ Bake at 375 for 50 minutes or until chicken is done.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:26.656521838644%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 865.26kcal (43.26%), Fat: 62.68g (96.44%), Saturated Fat: 16.98g (106.15%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 20.7g (7.53%), Sugar: 1.76g (1.95%), Cholesterol: 184.37mg (61.46%), Sodium: 1429.82mg (62.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.84g (101.69%), Vitamin B3: 17.63mg (88.13%), Vitamin K: 67.4µg (64.19%), Selenium: 44.73µg (63.9%), Phosphorus: 475.84mg (47.58%), Vitamin B6: 0.88mg (44.14%), Vitamin A: 1886.82IU (37.74%), Vitamin B1: 0.41mg (27.55%), Zinc: 4.03mg (26.9%), Vitamin B2: 0.45mg

(26.39%), Vitamin B5: 2.35mg (23.51%), Iron: 3.77mg (20.95%), Calcium: 203.25mg (20.32%), Manganese: 0.36mg (17.76%), Vitamin B12: 1.01µg (16.81%), Magnesium: 66.03mg (16.51%), Potassium: 559.33mg (15.98%), Folate: 49.69µg (12.42%), Vitamin E: 1.76mg (11.75%), Vitamin C: 9.22mg (11.17%), Copper: 0.2mg (9.94%), Fiber: 1.49g (5.96%), Vitamin D: 0.53µg (3.5%)