



## Crispy Parmesan Chicken Breasts

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 tsp pepper black
- 3 Tbsp butter melted
- 0.3 tsp paprika
- 0.3 cup parmesan cheese grated kraft
- 0.3 cup seasoned bread crumbs dry
- 1.5 lb chicken breasts boneless skinless

### Equipment

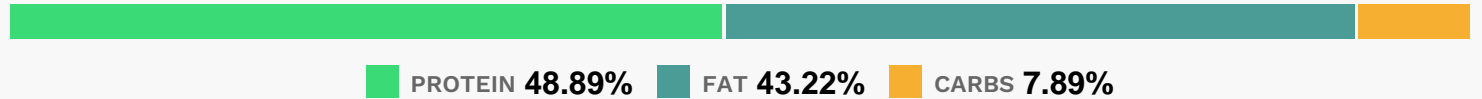
- baking sheet

- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Combine cheese, crumbs and seasonings in shallow dish.
- Cover rimmed baking sheet with foil; spray with cooking spray. Dip chicken, 1 breast at a time, in butter, then in cheese mixture, turning to evenly coat both sides of each breast with each ingredient; place on prepared baking sheet.
- Bake 20 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:1.57, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.5573912580376%

## Nutrients (% of daily need)

Calories: 44.52kcal (2.23%), Fat: 2.08g (3.21%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.06g (0.07%), Cholesterol: 15.49mg (5.16%), Sodium: 72.33mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin B3: 2.43mg (12.15%), Selenium: 7.9µg (11.28%), Vitamin B6: 0.17mg (8.65%), Phosphorus: 56.85mg (5.69%), Vitamin B5: 0.33mg (3.35%), Potassium: 89.52mg (2.56%), Vitamin B2: 0.03mg (1.85%), Magnesium: 6.85mg (1.71%), Vitamin B1: 0.02mg (1.64%), Vitamin A: 77.95IU (1.56%), Calcium: 13.31mg (1.33%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.09%)