



Desk Set Oven-Fried Chicken Breasts

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce skinned chicken breast halves
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup buttermilk low-fat
- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon paprika
- ☐ 1 tablespoon parmesan cheese grated

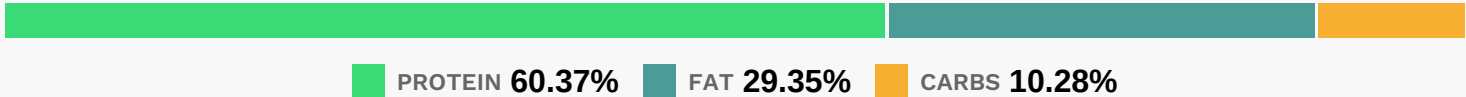
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a shallow dish.
- ☐ Place buttermilk in a shallow dish. Dip chicken in buttermilk; dredge in breadcrumb mixture.
- ☐ Place chicken, breast sides up, in a jelly-roll pan coated with cooking spray.
- ☐ Drizzle margarine over chicken.
- ☐ Bake at 400 for 40 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:18.785217093385%

Nutrients (% of daily need)

Calories: 261.5kcal (13.07%), Fat: 8.25g (12.69%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.9g (2.15%), Sugar: 1.45g (1.61%), Cholesterol: 110.75mg (36.92%), Sodium: 622.4mg (27.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.37%), Vitamin B3: 18.28mg (91.38%), Selenium: 57.02µg (81.46%), Vitamin B6: 1.31mg (65.27%), Phosphorus: 397.31mg (39.73%), Vitamin B5: 2.54mg (25.36%), Potassium: 692.57mg (19.79%), Vitamin B2: 0.24mg (14.24%), Magnesium: 51.51mg (12.88%), Vitamin B1: 0.19mg (12.33%), Vitamin A: 504.22IU (10.08%), Zinc: 1.26mg (8.42%), Iron: 1.4mg (7.77%), Vitamin B12: 0.43µg (7.14%), Calcium: 62.39mg (6.24%), Manganese: 0.12mg (5.99%), Vitamin K: 5.62µg (5.35%), Vitamin E: 0.65mg (4.37%), Folate: 16.2µg (4.05%), Copper: 0.07mg (3.61%), Vitamin C: 2.47mg (3%), Fiber: 0.6g (2.42%), Vitamin D: 0.18µg (1.18%)