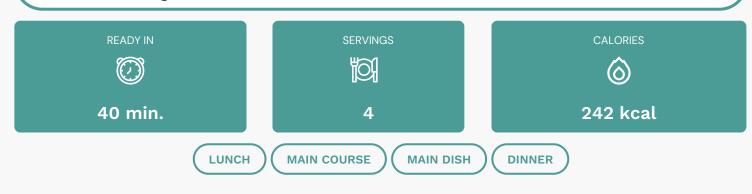


Dijon-Parmesan Chicken Breasts



Ingredients

0.8 cup all-bran cereal
2 tablespoons parmesan cheese grated
1 teaspoon basil dried
O.3 teaspoon garlic salt
0.3 teaspoon pepper black
1 egg whites beaten
2 tablespoons dijon mustard
1.3 lb chicken breast boneless skinless
1 tablespoon vegetable oil

Equipment	
	food processor
	bowl
	frying pan
	oven
	ziploc bags
	rolling pin
	meat tenderizer
Diı	rections
	Heat oven to 400°F. Spray 15x10x1-inch pan with cooking spray.
	Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
	In shallow bowl, mix cereal, cheese, basil, garlic salt and pepper. In another shallow bowl, mix egg white and mustard until blended.
	Dip chicken into egg white mixture, then coat well with cereal mixture; place in pan.
	Drizzle oil over chicken.
	Bake 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).
Nutrition Facts	
	PROTEIN 53.66% FAT 31.01% CARBS 15.33%

Properties

Glycemic Index:27.17, Glycemic Load:2.37, Inflammation Score:-7, Nutrition Score:28.060434673143%

Nutrients (% of daily need)

Calories: 241.65kcal (12.08%), Fat: 8.62g (13.26%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 5.73g (2.08%), Sugar: 1.99g (2.21%), Cholesterol: 92.89mg (30.96%), Sodium: 478.68mg (20.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.13%), Vitamin B6: 2.47mg (123.4%), Vitamin B3:

16.57mg (82.85%), Selenium: 51.39μg (73.42%), Manganese: 0.96mg (47.89%), Phosphorus: 457.32mg (45.73%), Vitamin B12: 2.51μg (41.82%), Folate: 159.73μg (39.93%), Vitamin B2: 0.51mg (29.79%), Vitamin B1: 0.37mg (24.67%), Vitamin B5: 2.19mg (21.92%), Magnesium: 86.23mg (21.56%), Potassium: 679.38mg (19.41%), Iron: 2.95mg (16.36%), Zinc: 2.44mg (16.28%), Fiber: 3.85g (15.42%), Vitamin K: 11.79μg (11.23%), Copper: 0.17mg (8.72%), Calcium: 85.9mg (8.59%), Vitamin A: 275.11IU (5.5%), Vitamin E: 0.75mg (5.02%), Vitamin C: 4.06mg (4.92%), Vitamin D: 0.65μg (4.36%)