



Dijon-Parmesan Chicken Breasts

READY IN



40 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- food processor
- bowl
- frying pan
- oven
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 400F. 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 (170F).

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: 0g (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%)