



Easy Parmesan Chicken

READY IN



42 min.

SERVINGS



42

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup panko bread crumbs
- 0.3 cup seasoned parmesan cheese classic italian grated kraft
- 0.8 cup parmesan cheese shredded kraft
- 3 plum tomatoes coarsely chopped
- 1.5 lb chicken breasts boneless skinless

Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine bread crumbs and cheeses; sprinkle 1/2 cup onto bottom of 13x9-inch baking dish sprayed with cooking spray. Top with chicken.
- Spoon tomatoes around chicken; sprinkle with remaining cheese mixture.
- Bake 30 to 32 min. or until chicken is done (165F).

Nutrition Facts

PROTEIN 57.23% **FAT 32.11%** **CARBS 10.66%**

Properties

Glycemic Index:1.55, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.1456521684709%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 31.59kcal (1.58%), Fat: 1.09g (1.68%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.18g (0.19%), Cholesterol: 12.1mg (4.03%), Sodium: 63.27mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B3: 1.77mg (8.84%), Selenium: 5.97µg (8.53%), Vitamin B6: 0.13mg (6.39%), Phosphorus: 52.43mg (5.24%), Calcium: 28.96mg (2.9%), Vitamin B5: 0.25mg (2.49%), Potassium: 74.57mg (2.13%), Vitamin B2: 0.03mg (1.64%), Magnesium: 6mg (1.5%), Vitamin B1: 0.02mg (1.32%), Zinc: 0.19mg (1.24%), Vitamin A: 60.85IU (1.22%), Vitamin B12: 0.06µg (1.07%)