



Easy Parmesan-Garlic Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp garlic powder
- 0.5 cup parmesan cheese grated kraft
- 1 env. seasons dressing mix italian good
- 1.5 lb chicken breasts boneless skinless

Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Mix cheese, dressing mix and garlic powder.
- Moisten chicken with water; coat with cheese mixture.
- Place in single layer in shallow baking dish.
- Bake 20 to 25 min. or until chicken is done (165F).

Nutrition Facts

PROTEIN 66.86% **FAT 29.84%** **CARBS 3.3%**

Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:11.846087048883%

Nutrients (% of daily need)

Calories: 165.68kcal (8.28%), Fat: 5.27g (8.11%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.01g (0.01%), Cholesterol: 79.82mg (26.61%), Sodium: 290.03mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.17%), Vitamin B3: 11.84mg (59.18%), Selenium: 39.27µg (56.09%), Vitamin B6: 0.86mg (43.02%), Phosphorus: 292.04mg (29.2%), Vitamin B5: 1.64mg (16.45%), Potassium: 437.99mg (12.51%), Vitamin B2: 0.14mg (8.38%), Magnesium: 32.6mg (8.15%), Calcium: 79.54mg (7.95%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.34µg (5.65%), Vitamin B1: 0.08mg (5.06%), Iron: 0.47mg (2.62%), Vitamin A: 106.IIU (2.12%), Copper: 0.04mg (1.77%), Vitamin E: 0.26mg (1.73%), Vitamin C: 1.36mg (1.65%), Manganese: 0.03mg (1.33%), Folate: 5.16µg (1.29%), Vitamin D: 0.16µg (1.03%)