



## Garlic Chicken

READY IN



55 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bread crumbs dry
- 2 teaspoons garlic crushed
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated
- 4 chicken breast halves boneless skinless

## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Warm the garlic and olive oil to blend the flavors. In a separate dish, combine the bread crumbs and Parmesan cheese. Dip the chicken breasts in the olive oil and garlic mixture, then into the bread crumb mixture.
- Place in a shallow baking dish.
- Bake in the preheated oven for 30 to 35 minutes, until no longer pink and juices run clear.

## Nutrition Facts

 **PROTEIN 35.93%**  **FAT 55.86%**  **CARBS 8.21%**

## Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:13.685652206773%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 303.37kcal (15.17%), Fat: 18.54g (28.53%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.79g (2.11%), Sugar: 0.44g (0.49%), Cholesterol: 77.76mg (25.92%), Sodium: 290.39mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Vitamin B3: 12.25mg (61.25%), Selenium: 40.26µg (57.52%), Vitamin B6: 0.88mg (43.91%), Phosphorus: 290.36mg (29.04%), Vitamin B5: 1.68mg (16.77%), Vitamin E: 2.2mg (14.65%), Potassium: 448.98mg (12.83%), Vitamin B2: 0.16mg (9.61%), Vitamin B1: 0.14mg (9.49%), Magnesium: 34.85mg (8.71%), Vitamin K: 8.93µg (8.5%), Calcium: 76.1mg (7.61%), Zinc: 1.04mg (6.94%), Vitamin B12: 0.33µg (5.57%), Manganese: 0.11mg (5.47%), Iron: 0.87mg (4.85%), Folate: 12.16µg (3.04%), Copper: 0.05mg (2.74%), Vitamin C: 1.82mg (2.21%), Vitamin A: 88.1IU (1.76%), Fiber: 0.34g (1.34%)