



Garlic Lover's Chicken

READY IN



105 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley flakes dried
- ☐ 14 cloves garlic finely chopped
- ☐ 0.8 teaspoon ground pepper black
- ☐ 0.5 cup cheese blend shredded italian to taste
- ☐ 0.5 cup italian-seasoned bread crumbs dry
- ☐ 0.3 cup kosher salt
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless
- ☐ 4 cups water
- ☐ 0.3 cup sugar white

Equipment

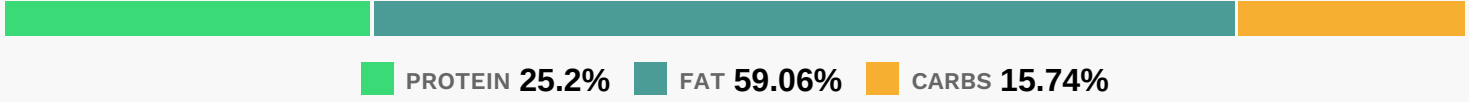
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Stir water, kosher salt, and sugar together until the salt and sugar dissolve completely into a brine.
- ☐ Put chicken breasts in a large resealable plastic bag; pour brine into the bag with the chicken. Squeeze air from the bag and seal. Refrigerate for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 13x9x2-inch baking dish.
- ☐ Mix Parmesan cheese, bread crumbs, parsley, salt, and black pepper together in a bowl; spread about 1/3 of the mixture into the bottom of the prepared baking dish.
- ☐ Remove chicken from the brine, shake off excess liquid, and pat dry. Discard remaining brine.
- ☐ Coat chicken with olive oil. Arrange chicken atop the Parmesan cheese layer in the baking dish.
- ☐ Sprinkle remaining Parmesan cheese mixture over the chicken.
- ☐ Mix garlic, margarine, and lemon juice together in a small bowl; drizzle over chicken.
- ☐ Cook chicken breasts until no longer pink in the center and the juices run clear, 25–30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

- ☐
- Switch oven to broil.
- ☐
- Sprinkle cheese over the chicken breasts.
- ☐
- Heat oven's broiler. Cook chicken under the broiler until the cheese is melted and golden brown, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:6.5, Inflammation Score:-7, Nutrition Score:18.36739154484%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 528.58kcal (26.43%), Fat: 34.81g (53.55%), Saturated Fat: 8.15g (50.97%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 20.06g (7.3%), Sugar: 9.19g (10.21%), Cholesterol: 88.79mg (29.6%), Sodium: 5866.57mg (255.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.43g (66.85%), Selenium: 45.59µg (65.12%), Vitamin B3: 12.51mg (62.56%), Vitamin B6: 0.97mg (48.63%), Phosphorus: 378.18mg (37.82%), Calcium: 221.62mg (22.16%), Vitamin B5: 1.8mg (18.01%), Vitamin A: 882.93IU (17.66%), Manganese: 0.33mg (16.28%), Potassium: 529.18mg (15.12%), Vitamin E: 2.26mg (15.05%), Vitamin K: 15.59µg (14.85%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.19mg (12.77%), Magnesium: 46.05mg (11.51%), Zinc: 1.66mg (11.04%), Vitamin C: 7.17mg (8.69%), Vitamin B12: 0.5µg (8.42%), Iron: 1.31mg (7.25%), Copper: 0.12mg (5.97%), Folate: 19.96µg (4.99%), Fiber: 0.81g (3.25%), Vitamin D: 0.2µg (1.31%)