

DINNER

Garlic Parmesan Chicken

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	15 min	40 min	8	\$1.64	434 kcal



Garlic Parmesan Chicken might be just the main course you are searching for. This recipe makes 8 servings with 434 calories, 30g of protein, and 23g of fat each. For \$1.64 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ cup butter
- ☐ 2 cups dry bread crumbs
- ☐ 2 cloves garlic, chopped
- ☐ ½ cup grated Parmesan cheese
- ☐ 8 bone-in chicken breast halves, skinless
- ☐ 3 ounce French-fried onions
canned
- ☐ 1 teaspoon mustard powder
- ☐ 1 tablespoon Worcestershire sauce

EQUIPMENT Bowl, Sauce pan, Oven, Baking pan

Method

- 1 Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- 2 In a shallow dish or bowl, combine the bread crumbs, cheese, onions, and mustard powder; set aside. Melt butter in a small saucepan; add garlic and Worcestershire sauce, and saute garlic until tender.
- 3 Remove from heat.
- 4 Dip chicken breasts in garlic butter mixture, then roll in bread crumb and cheese mixture, coating thoroughly.
- 5 Place coated chicken in the prepared baking dish.
- 6 Drizzle with any remaining garlic butter mixture.
- 7 Bake in the preheated oven for 30 to 40 minutes, or until chicken is no longer pink and juices run clear.

Nutrition per serving

434	30 g	23 g	25 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11.4 g · 72% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			1.9 g · 2% of daily needs
Sodium			646 mg · 28% of daily needs
Cholesterol			108 mg · 36% of daily needs
Vitamin C			1.9 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/garlic-parmesan-chicken-142866