



Herb-Crusted Chicken with Feta Sauce

READY IN



13 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 tablespoons feta sauce
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 4 teaspoons olive oil
- ☐ 0.7 cup panko bread crumbs whole wheat (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

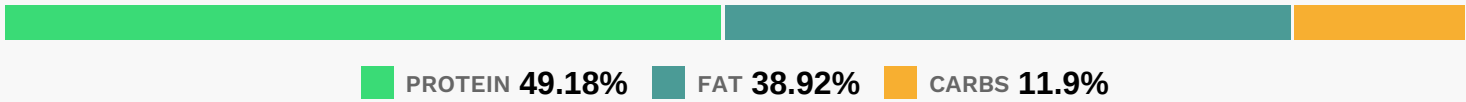
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine panko and Italian seasoning in a shallow bowl.
- ☐ Sprinkle chicken with salt and pepper; dredge in panko mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes or until browned. Turn chicken over; reduce heat to medium, and cook 5 minutes or until done.
- ☐ Place 1 chicken breast half on each of 4 plates, and spoon 1 1/2 tablespoons Feta Sauce over each serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:23.045217348182%

Nutrients (% of daily need)

Calories: 343.28kcal (17.16%), Fat: 14.53g (22.35%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.45g (3.07%), Sugar: 0.72g (0.8%), Cholesterol: 131.56mg (43.85%), Sodium: 852.63mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.61%), Vitamin B3: 18.77mg (93.87%), Selenium: 60.9µg (86.99%), Vitamin B6: 1.42mg (71.04%), Phosphorus: 463.54mg (46.35%), Vitamin B5: 2.75mg (27.5%), Vitamin B2: 0.44mg (25.83%), Potassium: 698.03mg (19.94%), Calcium: 193.22mg (19.32%), Vitamin K: 19.61µg (18.68%), Vitamin B1: 0.25mg (16.63%), Magnesium: 60.34mg (15.09%), Vitamin B12: 0.81µg (13.44%), Manganese: 0.27mg (13.3%), Zinc: 1.94mg (12.9%), Iron: 2.24mg (12.42%), Vitamin E: 1.41mg (9.41%), Folate: 31.61µg (7.9%), Fiber: 1.54g (6.18%), Copper: 0.1mg (4.86%), Vitamin A: 201.85IU (4.04%), Vitamin C: 2.1mg (2.54%), Vitamin D: 0.27µg (1.81%)