



Italian Baked Chicken

READY IN



65 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon parsley dried
- ☐ 3 eggs beaten
- ☐ 0.3 cup flax seed meal
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup seasoned bread crumbs italian
- ☐ 3 tablespoons romano cheese grated
- ☐ 6 chicken breast halves boneless skinless

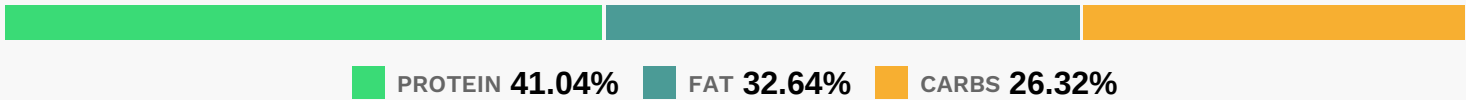
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly coat a medium baking dish with the butter.
- ☐ In a shallow dish, mix the bread crumbs, flax seed, Romano cheese, and parsley.
- ☐ Place the beaten eggs and flour in 2 separate shallow bowls. Dredge chicken in the flour, dip in eggs, and press into the bread crumb mixture to coat. Arrange coated chicken in the prepared baking dish.
- ☐ Cover, and bake 40 minutes in the preheated oven, or until chicken juices run clear. Turn on the oven broiler.
- ☐ Remove cover, and broil chicken 5 minutes, until coating is lightly browned.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:5.81, Inflammation Score:-6, Nutrition Score:19.980000350786%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 318.63kcal (15.93%), Fat: 11.34g (17.45%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 17.64g (6.42%), Sugar: 1.12g (1.24%), Cholesterol: 161.93mg (53.98%), Sodium: 411.44mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.16%), Selenium: 52.28µg (74.68%), Vitamin B3: 13.58mg (67.91%), Vitamin B6: 0.95mg (47.54%), Phosphorus: 382.47mg (38.25%), Vitamin B1: 0.42mg (27.87%),

Manganese: 0.44mg (22.02%), Vitamin B5: 2.17mg (21.69%), Vitamin B2: 0.36mg (20.94%), Magnesium: 69.75mg (17.44%), Potassium: 560.11mg (16%), Folate: 58.42µg (14.6%), Iron: 2.5mg (13.89%), Fiber: 2.93g (11.7%), Vitamin K: 12.26µg (11.68%), Zinc: 1.6mg (10.67%), Calcium: 94.79mg (9.48%), Copper: 0.18mg (9.13%), Vitamin B12: 0.51µg (8.44%), Vitamin A: 256.8IU (5.14%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.57µg (3.77%), Vitamin C: 2.22mg (2.69%)