



## Lemony Parmesan Chicken

READY IN



27 min.

SERVINGS



27

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 Tbsp bread crumbs dry
- 0.3 cup cooking wine dry white
- 2 Tbsp juice of lemon
- 3 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless

### Equipment

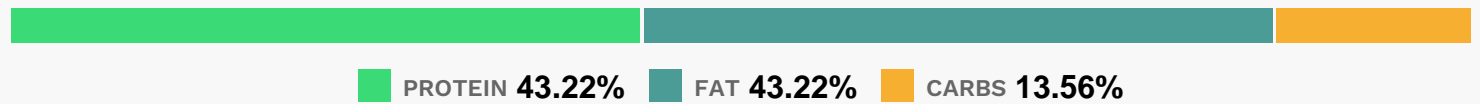
- frying pan

ziploc bags

## Directions

- Mix bread crumbs and cheese in large resealable plastic bag. Moisten chicken pieces with water; add to bag, one piece at a time. Close bag and shake gently until chicken is evenly coated. Set aside.
- Heat oil in large skillet on medium heat.
- Add chicken; cook 6 to 7 min. on each side or until browned on both sides and cooked through (170F).
- Remove chicken from skillet, reserving drippings in skillet.
- Place chicken on serving platter; cover to keep warm.
- Add wine and lemon juice to drippings in skillet; stir to loosen browned bits from bottom of skillet. Cook on medium-high heat 2 to 3 min. or until sauce is golden brown, stirring frequently.
- Serve spooned over the chicken.

## Nutrition Facts



## Properties

Glycemic Index:0.56, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.0526086396497%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 58.52kcal (2.93%), Fat: 2.67g (4.11%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.19g (0.21%), Cholesterol: 17.2mg (5.73%), Sodium: 67.26mg (2.92%), Alcohol: 0.23g (100%), Alcohol %: 0.86% (100%), Protein: 6.02g (12.03%), Vitamin B3: 2.78mg (13.9%), Selenium: 9.06µg (12.94%), Vitamin B6: 0.19mg (9.7%), Phosphorus: 64.9mg (6.49%), Vitamin B5: 0.38mg (3.78%), Potassium: 102.6mg (2.93%), Vitamin B1: 0.04mg (2.56%), Vitamin B2: 0.04mg (2.29%), Magnesium: 8.23mg (2.06%), Vitamin E: 0.28mg (1.88%), Calcium: 16.52mg (1.65%), Zinc: 0.24mg (1.57%), Manganese: 0.03mg (1.4%), Vitamin B12: 0.07µg

(1.25%), Iron: 0.22mg (1.23%), Vitamin K: 1.16µg (1.11%)