



Marzetti® Honey Dijon Chicken

READY IN



60 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup honey dijon mustard dressing marzetti®
- ☐ 0.5 cup parmesan cheese
- ☐ 1 cup seasoned bread crumbs
- ☐ 4 chicken breasts boneless skinless halved

Equipment

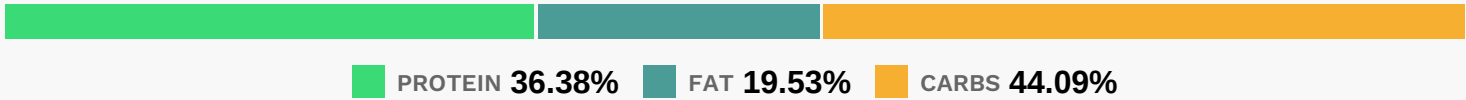
- ☐ oven

Directions

- ☐
- Preheat oven to 350 degrees F. Dip chicken breasts in dressing, until well coated.

☐☐

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:8.9904348254204%

Nutrients (% of daily need)

Calories: 193.05kcal (9.65%), Fat: 3.9g (6%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 19.08g (6.94%), Sugar: 5.58g (6.2%), Cholesterol: 40.56mg (13.52%), Sodium: 482.78mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Vitamin B3: 6.83mg (34.17%), Selenium: 23.19µg (33.13%), Vitamin B6: 0.45mg (22.73%), Phosphorus: 188.57mg (18.86%), Vitamin B1: 0.18mg (12.18%), Calcium: 104.13mg (10.41%), Vitamin B5: 0.93mg (9.27%), Vitamin B2: 0.14mg (8.21%), Manganese: 0.16mg (7.87%), Potassium: 249.45mg (7.13%), Vitamin K: 7.12µg (6.78%), Magnesium: 24.34mg (6.09%), Iron: 1mg (5.55%), Folate: 20.55µg (5.14%), Zinc: 0.71mg (4.76%), Vitamin B12: 0.24µg (4.01%), Fiber: 0.74g (2.94%), Copper: 0.05mg (2.69%), Vitamin A: 94.71IU (1.89%), Vitamin C: 1.08mg (1.31%), Vitamin E: 0.16mg (1.07%)