



No-Fuss Crispy Chicken Dinner

READY IN



30 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 tsp basil leaves dried
- 2 Tbsp oil
- 3 Tbsp parmesan cheese grated kraft
- 10 ritz reduced fat crackers crushed finely
- 1.5 lb chicken breasts boneless skinless
- 3 cups cut-up vegetables fresh green cooked sliced (pepper strips, match-like carrot sticks, broccoli florets and zucchini)
- 6 oz stove top stuffing mix for chicken

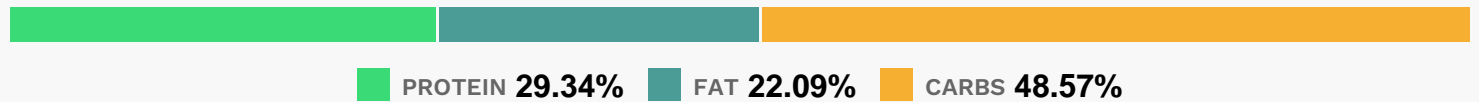
Equipment

frying pan

Directions

- Mix crumbs, cheese and basil on plate. Rinse chicken with cold water; gently shake off excess. Dip chicken in crumb mixture, turning over to evenly coat both sides of each piece; set aside.
- Heat oil in large nonstick skillet on medium heat.
- Add chicken; cook 6 to 7 min. on each side or until golden brown on both sides and cooked through (165F).
- Meanwhile, prepare stuffing as directed on package.
- Serve with the chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:4.8199999403694%

Nutrients (% of daily need)

Calories: 87.89kcal (4.39%), Fat: 2.18g (3.35%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.84g (3.58%), Sugar: 1.67g (1.86%), Cholesterol: 15.01mg (5%), Sodium: 151.91mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin A: 935.7IU (18.71%), Selenium: 10.23µg (14.61%), Vitamin B3: 2.92mg (14.61%), Vitamin B6: 0.2mg (9.84%), Phosphorus: 69.63mg (6.96%), Vitamin B1: 0.07mg (4.71%), Manganese: 0.09mg (4.27%), Folate: 15.85µg (3.96%), Potassium: 138.29mg (3.95%), Vitamin B5: 0.38mg (3.77%), Vitamin B2: 0.06mg (3.72%), Fiber: 0.92g (3.69%), Magnesium: 12.96mg (3.24%), Iron: 0.51mg (2.81%), Vitamin C: 2.17mg (2.62%), Zinc: 0.29mg (1.94%), Copper: 0.04mg (1.87%), Calcium: 16.39mg (1.64%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.38µg (1.32%)