



## Oven Fried Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup dijon mustard
- 4 servings kosher salt and pepper black freshly ground
- 4 tablespoons olive oil divided
- 2 cups panko bread crumbs
- 1 cup parmesan grated
- 2.5 pounds chicken breasts boneless skinless
- 2 tablespoons freshly thyme leaves minced
- 2 tablespoons water

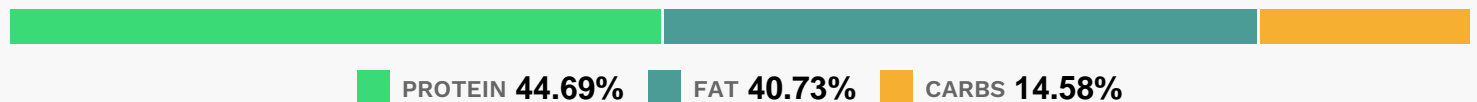
## Equipment

- frying pan
- baking sheet
- oven
- wire rack
- aluminum foil

## Directions

- Preheat oven to 400 degrees F. Line a baking sheet with heavy-duty aluminum foil.
- Place a cooling rack over pan and spray rack with nonstick cooking spray.
- In a shallow dish, combine bread crumbs, cheese, 2 tablespoons olive oil, thyme, salt and pepper, to taste. In a separate shallow dish, combine mustard, water, salt and pepper, to taste, and remaining olive oil. Coat each chicken breast with mustard mixture; dredge each in bread crumb mixture.
- Place on prepared rack in pan.
- Bake for 25 to 30 minutes, or until chicken is golden brown.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:32.84391315087%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg

## Nutrients (% of daily need)

Calories: 676.72kcal (33.84%), Fat: 29.98g (46.12%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 21.61g (7.86%), Sugar: 2.28g (2.54%), Cholesterol: 198.44mg (66.15%), Sodium: 1121.13mg (48.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.99g (147.99%), Vitamin B3: 31.78mg

(158.89%), Selenium: 109.2µg (156%), Vitamin B6: 2.21mg (110.28%), Phosphorus: 839.02mg (83.9%), Vitamin B5: 4.38mg (43.81%), Calcium: 389.86mg (38.99%), Vitamin B1: 0.51mg (34.17%), Potassium: 1176.86mg (33.62%), Vitamin B2: 0.51mg (30.25%), Magnesium: 110.92mg (27.73%), Manganese: 0.46mg (23.05%), Iron: 3.65mg (20.27%), Zinc: 2.93mg (19.54%), Vitamin E: 2.69mg (17.93%), Vitamin B12: 0.97µg (16.2%), Folate: 47.87µg (11.97%), Vitamin K: 11.8µg (11.24%), Vitamin C: 9.07mg (10.99%), Fiber: 2.53g (10.14%), Copper: 0.19mg (9.73%), Vitamin A: 458.18IU (9.16%), Vitamin D: 0.41µg (2.72%)