



Oven Fried Parmesan Chicken

READY IN



90 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 0.3 pound butter melted
- ☐ 4 pound meat from a rotisserie chicken cut into pieces
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic crushed
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt

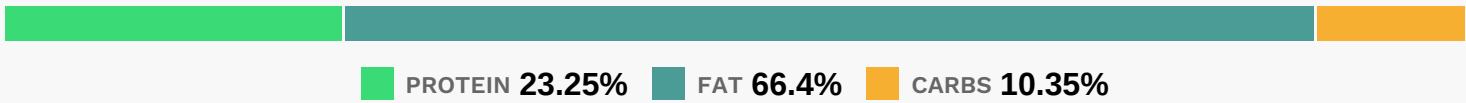
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a shallow glass dish or bowl, combine the crushed garlic with the melted butter or margarine. In another small bowl mix together the bread crumbs, cheese, parsley, salt and pepper. Dip chicken pieces into garlic butter, then into crumb mixture to coat.
- ☐ Place coated chicken pieces into a lightly greased 9x13 inch baking dish.
- ☐ Drizzle with remaining garlic butter and bake uncovered in the preheated oven for 1 to 1 1/4 hours, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:15.316521810449%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 543.4kcal (27.17%), Fat: 39.71g (61.09%), Saturated Fat: 17.05g (106.57%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 13.06g (4.75%), Sugar: 1.15g (1.28%), Cholesterol: 154.33mg (51.44%), Sodium: 840.53mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.56%), Vitamin B3: 11.1mg (55.5%), Selenium: 27.65µg (39.49%), Phosphorus: 284.43mg (28.44%), Vitamin B6: 0.54mg (27.12%), Vitamin K: 26.73µg (25.45%), Vitamin B1: 0.27mg (17.72%), Vitamin A: 836.16IU (16.72%), Zinc: 2.44mg (16.28%), Vitamin B2: 0.27mg (16.13%), Vitamin B5: 1.47mg (14.68%), Iron: 2.3mg (12.79%), Manganese: 0.21mg (10.73%), Calcium: 105.72mg (10.57%), Vitamin B12: 0.62µg (10.33%), Magnesium: 39.97mg (9.99%), Potassium: 334.4mg (9.55%), Folate: 30.92µg (7.73%),

Vitamin E: 0.93mg (6.18%), Copper: 0.12mg (6.11%), Vitamin C: 4.25mg (5.15%), Fiber: 0.88g (3.5%), Vitamin D: 0.32µg (2.12%)