



Oven-Fried Parmesan-Crusted Chicken

READY IN



55 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 4 slices bread whole-wheat
- 0.5 pound skin-on chicken drumsticks
- 1 tablespoon dijon mustard
- 2 large egg whites beaten
- 0.8 teaspoon garlic powder
- 4 servings lemon wedges for serving
- 2 tablespoons parmesan fresh finely grated
- 1 cup greek yogurt plain 2% reduced-fat

- 0.8 teaspoon paprika smoked
- 0.3 teaspoon sea salt
- 1 pound chicken breast halves boneless skinless halved
- 0.3 pound chicken thighs boneless skinless

Equipment

- food processor
- bowl
- baking paper
- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Place bread in a food processor; pulse 10 times or until coarse crumbs form.
- Spread breadcrumbs in a single layer on a shallow baking pan lined with parchment paper.
- Bake in middle of oven until one shade darker (about 5 minutes), stirring once. Using parchment paper, pour breadcrumbs into a shallow bowl to cool. Reline baking pan with paper, and lightly coat paper with cooking spray; set aside to use for chicken. Once breadcrumbs are cool, add Parmesan, salt, pepper, paprika, and garlic powder.
- Combine yogurt, egg whites, and mustard in a shallow bowl, whisking well; set aside.
- Pat chicken dry. Dip chicken into yogurt mixture to coat, letting some excess drip off; coat both sides of chicken in breadcrumb mixture, patting to adhere.
- Arrange coated chicken in a single layer on prepared baking pan; lightly coat tops of chicken with cooking spray.
- Bake in middle of oven until cooked through (35–40 minutes). Arrange on a platter with lemon wedges and parsley.

Nutrition Facts



■ PROTEIN 55.31% ■ FAT 26.14% ■ CARBS 18.55%

Properties

Glycemic Index:48.79, Glycemic Load:7.27, Inflammation Score:-5, Nutrition Score:23.588260904602%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 366.69kcal (18.33%), Fat: 10.34g (15.91%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 14.92g (5.43%), Sugar: 3.51g (3.9%), Cholesterol: 147.63mg (49.21%), Sodium: 609.85mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.23g (98.46%), Selenium: 70.53µg (100.76%), Vitamin B3: 17.54mg (87.7%), Vitamin B6: 1.23mg (61.58%), Phosphorus: 504.14mg (50.41%), Vitamin B2: 0.54mg (32.02%), Vitamin B5: 2.93mg (29.32%), Manganese: 0.45mg (22.28%), Potassium: 763.35mg (21.81%), Vitamin B1: 0.28mg (18.44%), Vitamin B12: 1.07µg (17.87%), Zinc: 2.65mg (17.69%), Magnesium: 69.3mg (17.32%), Calcium: 139.8mg (13.98%), Iron: 2.25mg (12.51%), Folate: 36.21µg (9.05%), Copper: 0.14mg (7.17%), Fiber: 1.59g (6.34%), Vitamin A: 272.29IU (5.45%), Vitamin K: 4.66µg (4.44%), Vitamin E: 0.55mg (3.67%), Vitamin C: 1.97mg (2.39%), Vitamin D: 0.16µg (1.09%)