



Parmesan Baked Chicken Breasts

READY IN



33 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 garlic cloves pressed
- 0.3 cup italian-seasoned breadcrumbs
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 0.5 cup fire-roasted tomato-and-garlic pasta sauce warmed (such as Classico)
- 24 ounce chicken breast halves boneless skinless

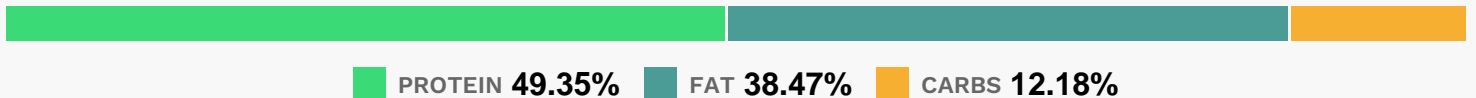
Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave

Directions

- Preheat oven to 42
- Heat a large baking sheet in oven for 5 minutes.
- Combine first 3 ingredients in a shallow dish.
- Place garlic and oil in a small glass bowl, and microwave at HIGH 30 seconds or until warm and fragrant.
- Dip chicken in garlic oil; dredge in breadcrumb mixture. Coat preheated baking sheet with cooking spray, and place chicken on pan. Coat chicken with cooking spray.
- Bake at 425 for 25 minutes or until done and golden.
- Serve with pasta sauce.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:20.631739072178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 330.3kcal (16.52%), Fat: 13.81g (21.24%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 8.81g (3.21%), Sugar: 1.68g (1.87%), Cholesterol: 114.4mg (38.13%), Sodium: 585.87mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin B3: 18.68mg (93.39%), Selenium: 59.49µg (84.99%), Vitamin B6: 1.35mg (67.26%), Phosphorus: 425.29mg (42.53%), Vitamin B5: 2.61mg (26.12%),

Potassium: 762.66mg (21.79%), Vitamin B2: 0.25mg (15%), Vitamin B1: 0.22mg (14.48%), Magnesium: 56.2mg (14.05%), Vitamin E: 1.83mg (12.22%), Manganese: 0.2mg (10.15%), Zinc: 1.49mg (9.91%), Vitamin K: 10.35µg (9.86%), Calcium: 89.58mg (8.96%), Iron: 1.52mg (8.45%), Vitamin B12: 0.46µg (7.66%), Vitamin C: 4.92mg (5.97%), Copper: 0.11mg (5.71%), Folate: 21.9µg (5.48%), Vitamin A: 257.82IU (5.16%), Fiber: 1.01g (4.05%), Vitamin D: 0.2µg (1.34%)