



Parmesan Chicken

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 1 stick butter melted ()
- ☐ 1 cup bread crumbs dried
- ☐ 0.3 cup 1/3 cup grated parmesan cheese (or 2/3 cup if you are using a microplane zester) grated (or)
- ☐ 2 Tbsp parsley fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon garlic salt (can sub regular salt)
- ☐ 1 large pinch penzey's southwest seasoning italian (herb mix)

- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 lbs chicken meat boneless skinless cut into 1-inch to 2-inch wide pieces

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Pat chicken pieces dry: Pat the chicken pieces dry with paper towels. Patting the chicken pieces dry will help the chicken pieces have crispy breading when baked.
- ☐ Prepare melted butter and breadcrumbs: In a small bowl, stir the minced garlic into the melted butter. In another bowl mix together the breadcrumbs, Parmesan, parsley, salt, garlic salt, Italian seasoning, and pepper.
- ☐ Dredge chicken pieces in butter and Parmesan mixture: Piece by piece, dip the chicken pieces into the garlic melted butter, and then dredge into the Parmesan breadcrumb mixture to coat.
- ☐ Note that if your chicken pieces are cold, they may cause the melted butter to thicken, leaving too much butter sticking the chicken pieces. If you see this happening, just reheat the butter.
- ☐ Place chicken on roasting dish:
- ☐ Place coated chicken pieces on to a 9x13 (or larger) roasting dish. Try to leave a little room between each piece. (You may need to use more than one roasting pan.)
- ☐ Drizzle with remaining garlic butter.
- ☐ Bake uncovered at 450°F 15 minutes, or until chicken is cooked through and juices run clear. Note that the chicken will get much more browned on the bottom side than on the top.

Nutrition Facts



 PROTEIN **23.55%**  FAT **66.32%**  CARBS **10.13%**

Properties

Glycemic Index:37.25, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:23.497826254886%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 833.92kcal (41.7%), Fat: 60.85g (93.62%), Saturated Fat: 25.92g (161.98%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 19.59g (7.12%), Sugar: 1.72g (1.91%), Cholesterol: 238.08mg (79.36%), Sodium: 975.77mg (42.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.61g (97.22%), Vitamin B3: 17.27mg (86.33%), Selenium: 42.78µg (61.11%), Phosphorus: 439.94mg (43.99%), Vitamin B6: 0.85mg (42.28%), Vitamin K: 38.73µg (36.89%), Vitamin B1: 0.4mg (26.94%), Zinc: 3.78mg (25.2%), Vitamin A: 1256.46IU (25.13%), Vitamin B2: 0.42mg (24.84%), Vitamin B5: 2.28mg (22.84%), Iron: 3.54mg (19.65%), Manganese: 0.32mg (16.19%), Vitamin B12: 0.96µg (15.97%), Calcium: 159.64mg (15.96%), Magnesium: 61.77mg (15.44%), Potassium: 518.42mg (14.81%), Folate: 46.83µg (11.71%), Vitamin E: 1.42mg (9.47%), Copper: 0.19mg (9.37%), Vitamin C: 6.39mg (7.75%), Fiber: 1.32g (5.28%), Vitamin D: 0.5µg (3.3%)