



## Parmesan Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 ounce skinned chicken breast half
- 0.1 teaspoon thyme leaves dried
- 0.3 cup less-sodium chicken broth fat-free
- 0.5 teaspoon olive oil
- 0.1 teaspoon oregano dried
- 0.3 ounce parmesan cheese fresh grated
- 1 Dash pepper black
- 0.1 teaspoon salt

# Equipment

- bowl
- oven

# Directions

- Preheat oven to 40
- Brush chicken breast half with olive oil.
- Combine cheese and next 4 ingredients (cheese through pepper) in a small bowl, and sprinkle cheese mixture over both sides of chicken.
- Place chicken in a shallow dish coated with cooking spray, and pour broth over the chicken. Cover, and bake at 400 for 40 minutes or until done.

# Nutrition Facts



# Properties

Glycemic Index:64, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:17.963913111583%

# Nutrients (% of daily need)

Calories: 242.9kcal (12.15%), Fat: 8.36g (12.86%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.15g (0.17%), Cholesterol: 113.68mg (37.89%), Sodium: 833.84mg (36.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39g (77.99%), Vitamin B3: 18.1mg (90.48%), Selenium: 57.3µg (81.85%), Vitamin B6: 1.29mg (64.6%), Phosphorus: 413.41mg (41.34%), Vitamin B5: 2.53mg (25.28%), Potassium: 658.48mg (18.81%), Magnesium: 49.04mg (12.26%), Vitamin B2: 0.21mg (12.21%), Calcium: 101.69mg (10.17%), Vitamin B12: 0.54µg (8.98%), Zinc: 1.21mg (8.06%), Vitamin B1: 0.12mg (7.79%), Iron: 1.04mg (5.76%), Vitamin K: 5.53µg (5.26%), Vitamin E: 0.68mg (4.55%), Manganese: 0.07mg (3.45%), Copper: 0.06mg (3.16%), Vitamin C: 2.11mg (2.56%), Vitamin A: 115.93IU (2.32%), Folate: 8.82µg (2.2%), Vitamin D: 0.21µg (1.37%)