



Parmesan Chicken II

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 skin-on chicken drumsticks
- 1 eggs
- 1 teaspoon pepper black
- 2 cups parmesan cheese grated
- 1 teaspoon salt

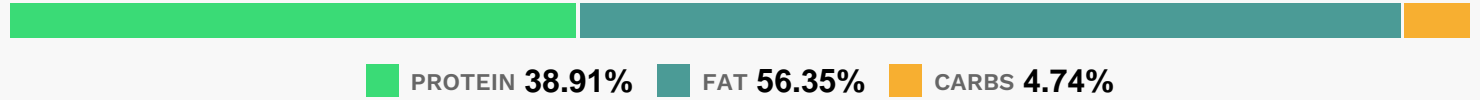
Equipment

- bowl
- oven

Directions

- In a shallow bowl, mix together salt, pepper, and cheese. In a separate bowl, beat egg until lemon colored. Dip chicken in egg, coating well.
- Roll in cheese.
- Bake at 400 degrees F (205 degrees C) for 45 minutes, or until brown.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:16.111304193735%

Nutrients (% of daily need)

Calories: 392.41kcal (19.62%), Fat: 24.11g (37.09%), Saturated Fat: 9.11g (56.94%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.05g (0.06%), Cholesterol: 195.59mg (65.2%), Sodium: 1138.87mg (49.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.92%), Selenium: 43.31µg (61.87%), Phosphorus: 477.74mg (47.77%), Vitamin B3: 7.36mg (36.8%), Calcium: 315.63mg (31.56%), Zinc: 4.45mg (29.67%), Vitamin B6: 0.54mg (27.16%), Vitamin B2: 0.4mg (23.65%), Vitamin B12: 1.35µg (22.47%), Vitamin B5: 1.79mg (17.91%), Potassium: 413.63mg (11.82%), Magnesium: 43.41mg (10.85%), Vitamin B1: 0.13mg (9%), Vitamin A: 399.41IU (7.99%), Iron: 1.27mg (7.04%), Copper: 0.12mg (5.79%), Manganese: 0.1mg (4.98%), Vitamin K: 4.92µg (4.69%), Vitamin E: 0.54mg (3.59%), Vitamin D: 0.46µg (3.1%), Folate: 10.05µg (2.51%)