



WHATSheATE



Parmesan-Crusted Bruschetta Chicken

READY IN



35 min.

SERVINGS



15

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons bread crumbs plain dry
- ☐ 0.3 cup wish-bone® dressing italian
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 cup onion red chopped
- ☐ 1 lb chicken breast halves boneless skinless
- ☐ 2 medium tomatoes seeded chopped

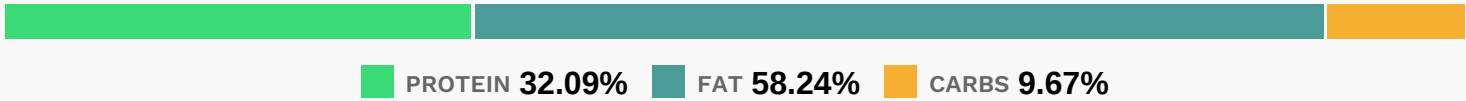
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs and Italian seasoning.
- ☐ Bake 20 minutes or until chicken is thoroughly cooked.
- ☐ Meanwhile, combine remaining ingredients in medium bowl.
- ☐ To serve, evenly top chicken with bruschetta mixture.
- ☐ Also terrific with Hellmann's or Best Foods Light or Real Mayonnaise
- ☐ Cost per recipe*: \$
- ☐ Cost per serving*: \$
- ☐ *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.6034782477047%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 88.94kcal (4.45%), Fat: 5.69g (8.76%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.04g (1.16%), Cholesterol: 22.31mg (7.44%), Sodium: 127.99mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin B3: 3.31mg (16.56%), Selenium: 10.38µg (14.83%), Vitamin K: 13.8µg (13.14%), Vitamin B6: 0.25mg (12.53%), Phosphorus: 77.56mg (7.76%), Potassium: 166.02mg (4.74%), Vitamin B5: 0.47mg (4.67%), Vitamin C: 2.83mg (3.43%), Vitamin A: 164.7IU (3.29%), Vitamin E: 0.46mg (3.08%), Magnesium: 11.66mg (2.91%), Manganese: 0.05mg (2.53%), Vitamin B2: 0.04mg (2.49%), Vitamin B1: 0.03mg (2.26%), Calcium: 19.81mg (1.98%), Iron: 0.34mg (1.86%), Zinc: 0.28mg (1.85%), Fiber: 0.41g (1.63%), Folate: 5.85µg (1.46%), Vitamin B12: 0.08µg (1.36%), Copper: 0.02mg (1.22%)