



Parmesan Crusted Chicken

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons seasoned bread crumbs dry italian
- 0.5 cup real mayonnaise best foods®
- 0.3 cup parmesan cheese grated
- 20 ounce chicken breast halves boneless skinless

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F.
- Combine Hellmann's® or Best Foods® Real Mayonnaise with cheese in medium bowl.
- Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.
- Bake 20 minutes or until chicken is thoroughly cooked.

Nutrition Facts

PROTEIN 34.43% **FAT 63.12%** **CARBS 2.45%**

Properties

Glycemic Index:12.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:16.920434677083%

Nutrients (% of daily need)

Calories: 385.96kcal (19.3%), Fat: 26.47g (40.73%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.28g (0.31%), Cholesterol: 107.94mg (35.98%), Sodium: 478.32mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.99%), Vitamin B3: 14.91mg (74.56%), Selenium: 48.68µg (69.55%), Vitamin B6: 1.07mg (53.62%), Vitamin K: 46.95µg (44.71%), Phosphorus: 346.71mg (34.67%), Vitamin B5: 2.1mg (21.01%), Potassium: 546.19mg (15.61%), Vitamin B2: 0.18mg (10.41%), Magnesium: 40.24mg (10.06%), Vitamin E: 1.22mg (8.17%), Zinc: 1.16mg (7.76%), Vitamin B1: 0.11mg (7.63%), Calcium: 68.22mg (6.82%), Vitamin B12: 0.41µg (6.81%), Iron: 0.71mg (3.94%), Copper: 0.05mg (2.55%), Folate: 9.82µg (2.46%), Manganese: 0.05mg (2.41%), Vitamin A: 118.65IU (2.37%), Vitamin C: 1.75mg (2.13%), Vitamin D: 0.23µg (1.53%)