



Parmesan-Dijon Chicken

READY IN



40 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 2 tablespoons dijon mustard
- 0.8 cup breadcrumbs
- 0.3 cup parmesan cheese grated
- 1.8 pounds chicken breast halves boneless skinless

Equipment

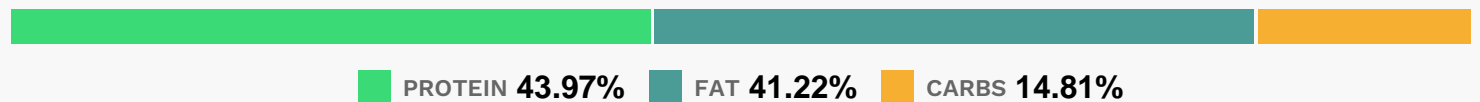
- frying pan
- oven

ziploc bags

Directions

- Heat oven to 375°F.
- Mix butter and mustard in shallow dish until well mixed.
- Mix bread crumbs and cheese in large plastic bag.
- Dip one piece of chicken at a time into butter mixture, coating all sides. Then place in bag of bread crumbs, seal bag and shake to coat with crumb mixture.
- Place chicken in single layer in ungreased rectangular pan, 13x9x2 inches.
- Bake uncovered 20 to 30 minutes, turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:15.95260855426%

Nutrients (% of daily need)

Calories: 292.74kcal (14.64%), Fat: 13.09g (20.14%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 9.76g (3.55%), Sugar: 0.91g (1.01%), Cholesterol: 88.3mg (29.43%), Sodium: 469.39mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.84%), Vitamin B3: 14.73mg (73.64%), Selenium: 48.9µg (69.85%), Vitamin B6: 1.01mg (50.75%), Phosphorus: 334.09mg (33.41%), Vitamin B5: 2mg (19.96%), Potassium: 535.1mg (15.29%), Vitamin B1: 0.23mg (15.12%), Vitamin B2: 0.21mg (12.23%), Magnesium: 44.34mg (11.09%), Manganese: 0.17mg (8.42%), Vitamin A: 417.6IU (8.35%), Zinc: 1.18mg (7.84%), Calcium: 74.14mg (7.41%), Iron: 1.24mg (6.89%), Vitamin B12: 0.38µg (6.29%), Folate: 20.43µg (5.11%), Vitamin E: 0.59mg (3.96%), Copper: 0.08mg (3.78%), Fiber: 0.82g (3.29%), Vitamin C: 1.63mg (1.97%), Vitamin K: 1.3µg (1.24%), Vitamin D: 0.15µg (1.02%)