



HEALTH SCORE

51%

Parmesan-Dijon Chicken

READY IN



40 min.

SERVINGS



1

CALORIES



1756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup breadcrumbs dry (any flavor)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.8 pounds chicken breast halves boneless skinless

Equipment

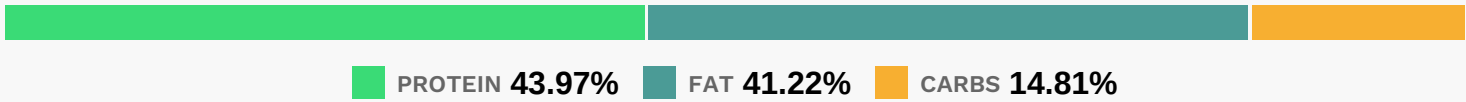
- ☐ frying pan
- ☐ oven

☐ ziploc bags

Directions

- ☐ Heat oven to 375F.
- ☐ 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:32, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:52.856522041818%

Nutrients (% of daily need)

Calories: 1756.45kcal (87.82%), Fat: 78.55g (120.85%), Saturated Fat: 18.9g (118.14%), Carbohydrates: 63.5g (21.17%), Net Carbohydrates: 58.57g (21.3%), Sugar: 5.47g (6.07%), Cholesterol: 529.77mg (176.59%), Sodium: 2816.36mg (122.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 188.52g (377.04%), Vitamin B3: 88.37mg (441.83%), Selenium: 293.37µg (419.11%), Vitamin B6: 6.09mg (304.48%), Phosphorus: 2004.55mg (200.46%), Vitamin B5: 11.98mg (119.78%), Potassium: 3210.61mg (91.73%), Vitamin B1: 1.36mg (90.69%), Vitamin B2: 1.25mg (73.37%), Magnesium: 266.07mg (66.52%), Manganese: 1.01mg (50.49%), Vitamin A: 2505.63IU (50.11%), Zinc: 7.05mg (47.02%), Calcium: 444.84mg (44.48%), Iron: 7.44mg (41.33%), Vitamin B12: 2.27µg (37.76%), Folate: 122.59µg (30.65%), Vitamin E: 3.56mg (23.76%), Copper: 0.45mg (22.65%), Fiber: 4.93g (19.74%), Vitamin C: 9.76mg (11.83%), Vitamin K: 7.81µg (7.44%), Vitamin D: 0.92µg (6.13%)