

SIDE DISH

Parmesan-Rosemary Coating

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	7	\$0.43	88 kcal

Parmesan-Rosemary Coating takes around 45 minutes from beginning to end. This recipe serves 7. For 43 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. One serving contains 88 calories, 6g of protein, and 4g of fat. 1 person has tried and liked this recipe...

Ingredients

- ☐ ½ cup fine, dry breadcrumbs
- ☐ ½ teaspoon garlic powder
- ☐ ¼ teaspoon pepper
- ☐ 2½ tablespoons finely chopped fresh rosemary
- ☐ 1 cup finely shredded Parmesan cheese
- ☐ 1 teaspoon salt

EQUIPMENT Bowl

Method

- 1

Combine all ingredients in a medium bowl.

Nutrition per serving

88
KCAL

6 g
PROTEIN

4 g
FAT

6 g
CARBS

Saturated Fat	2.5 g · 15% of daily needs
Fibre	0.5 g · 2% of daily needs
Sugar	0.6 g · 1% of daily needs
Sodium	618 mg · 27% of daily needs
Cholesterol	9.7 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/parmesan-rosemary-coating-148083