



Parmesan Sesame Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 1 eggs beaten
- ☐ 0.3 cup parmesan cheese
- ☐ 0.3 cup sesame seed
- ☐ 4 chicken breast halves boneless skinless

Equipment

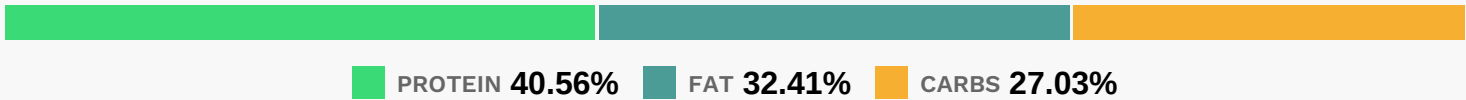
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, mix the bread crumbs, Parmesan cheese, and sesame seeds.
- ☐ Place the egg in a separate bowl. Dip the chicken in the egg, then dip into the bread crumb mixture to coat.
- ☐ Place the chicken breasts in a shallow baking dish.
- ☐ Bake chicken 20 to 30 minutes in the preheated oven, until juices run clear.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:20.817825830501%

Nutrients (% of daily need)

Calories: 329.42kcal (16.47%), Fat: 11.67g (17.96%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 19.59g (7.12%), Sugar: 1.79g (1.99%), Cholesterol: 117.49mg (39.16%), Sodium: 445.5mg (19.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.75%), Selenium: 50.97µg (72.82%), Vitamin B3: 14.03mg (70.13%), Vitamin B6: 0.98mg (48.87%), Phosphorus: 405.97mg (40.6%), Vitamin B1: 0.41mg (27.63%), Manganese: 0.5mg (25%), Copper: 0.49mg (24.6%), Calcium: 226.63mg (22.66%), Vitamin B5: 1.96mg (19.61%), Magnesium: 77.97mg (19.49%), Vitamin B2: 0.32mg (18.59%), Iron: 3.33mg (18.5%), Potassium: 535.83mg (15.31%), Zinc: 2.09mg (13.91%), Folate: 48.11µg (12.03%), Fiber: 2.32g (9.28%), Vitamin B12: 0.49µg (8.22%), Vitamin A: 142.96IU (2.86%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.36µg (2.43%), Vitamin K: 2.15µg (2.04%), Vitamin C: 1.36mg (1.64%)