



Pretzel and Parmesan Crusted Chicken

READY IN

ready

535 min.

SERVINGS

servings

4

CALORIES

calories

486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons parsley dried
- ☐ 1.5 teaspoons rosemary dried
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 servings ground pepper black to taste
- ☐ 1 teaspoon ground thyme
- ☐ 1 cup olive oil light
- ☐ 0.7 cup freshly parmesan cheese shredded

- ☐ 7 ounces sourdough pretzels hard
- ☐ 4 chicken breast halves boneless skinless

Equipment

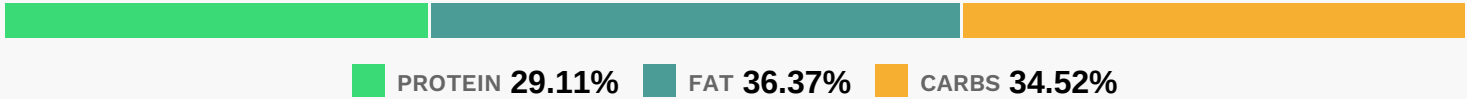
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Whisk together olive oil, minced garlic, basil, rosemary, thyme, and black pepper in a bowl.
- ☐ Place chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1 inch.
- ☐ Transfer chicken breasts to the bowl with the olive oil marinade; cover and refrigerate overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place pretzels and Parmesan cheese into a food processor; pulse until the pretzels are finely crushed and combined with cheese.
- ☐ Mix in parsley and garlic powder by pulsing once or twice.
- ☐ Transfer the mixture to a shallow dish.
- ☐ Remove chicken from the marinade, and shake off excess. Discard the remaining marinade.
- ☐ Press chicken into pretzel mixture, coating both sides.
- ☐ Arrange coated chicken in a baking dish.
- ☐ Sprinkle about 1 tablespoon additional pretzel mixture on top.

- ☐
- Bake chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐
- Cover chicken with a foil tent and allow to rest for 10 to 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:79.25, Glycemic Load:32.09, Inflammation Score:-7, Nutrition Score:20.620434823244%

Flavonoids

Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 486.02kcal (24.3%), Fat: 19.53g (30.05%), Saturated Fat: 5.07g (31.72%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.8g (14.47%), Sugar: 1.27g (1.41%), Cholesterol: 83.65mg (27.88%), Sodium: 1014.45mg (44.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.35%), Vitamin B3: 14.49mg (72.43%), Selenium: 42.53µg (60.75%), Vitamin B6: 0.94mg (46.79%), Phosphorus: 422.59mg (42.26%), Manganese: 0.57mg (28.35%), Folate: 96.95µg (24.24%), Calcium: 227.82mg (22.78%), Vitamin B2: 0.34mg (19.92%), Vitamin B1: 0.3mg (19.81%), Vitamin B5: 1.87mg (18.72%), Iron: 3.3mg (18.34%), Potassium: 563.87mg (16.11%), Vitamin K: 15.47µg (14.74%), Vitamin E: 2.07mg (13.81%), Magnesium: 53.23mg (13.31%), Zinc: 1.69mg (11.27%), Fiber: 1.92g (7.68%), Vitamin B12: 0.43µg (7.1%), Copper: 0.13mg (6.39%), Vitamin C: 3.39mg (4.11%), Vitamin A: 202.59IU (4.05%), Vitamin D: 0.2µg (1.31%)