



## RITZ Parmesan Chicken

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tsp basil leaves dried
- 1 Tbsp juice of lemon
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 1 cup ritz crackers crushed finely
- 1 lb chicken breasts boneless skinless

### Equipment

- bowl

baking sheet

oven

## Directions

Heat oven to 400F.

Mix mayo and lemon juice in medium bowl.

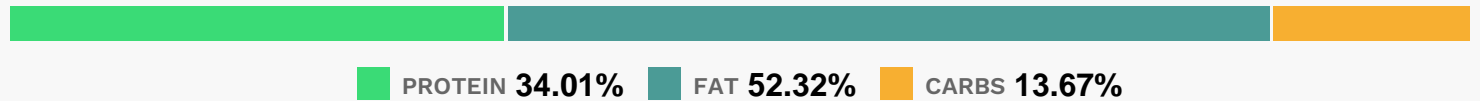
Combine cracker crumbs, cheese and basil in separate bowl.

DIP chicken, 1 breast at a time, in mayo mixture, then roll in crumb mixture until evenly coated.

Place on baking sheet sprayed with cooking spray.

Bake 20 min. or until done (165F).

## Nutrition Facts



## Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1165217511032%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 43.61kcal (2.18%), Fat: 2.49g (3.83%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.19g (0.21%), Cholesterol: 11.19mg (3.73%), Sodium: 61.69mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin B3: 1.68mg (8.4%), Selenium: 5.27µg (7.53%), Vitamin B6: 0.12mg (5.84%), Vitamin K: 5.69µg (5.42%), Phosphorus: 43.18mg (4.32%), Vitamin B5: 0.23mg (2.3%), Potassium: 63.2mg (1.81%), Vitamin B2: 0.02mg (1.46%), Calcium: 13.47mg (1.35%), Magnesium: 5.32mg (1.33%), Iron: 0.24mg (1.32%), Vitamin B1: 0.02mg (1.27%), Manganese: 0.02mg (1.16%), Vitamin E: 0.17mg (1.16%)