



## Simply Parmesan Chicken

READY IN



45 min.

SERVINGS



5

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bread crumbs dried
- 1 eggs beaten
- 2 teaspoons penzey's southwest seasoning italian
- 0.5 cup parmesan cheese grated
- 5 chicken breasts boneless skinless

### Equipment

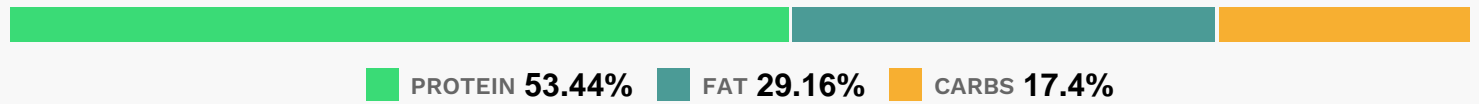
- bowl
- oven

baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl mix together the bread crumbs, Italian seasoning and Parmesan cheese. Dip chicken breasts in egg, then in bread crumb mixture to coat.
- Place coated chicken in a 9x13 inch baking dish.
- Bake in the preheated oven for 30 to 35 minutes or until juices run clear, turning over chicken 5 minutes before removing from oven.

## Nutrition Facts



## Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:15.218260905017%

## Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 7.17g (11.03%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 8.8g (3.2%), Sugar: 0.74g (0.82%), Cholesterol: 113.76mg (37.92%), Sodium: 397.83mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.15%), Selenium: 45.12µg (64.46%), Vitamin B3: 12.55mg (62.77%), Vitamin B6: 0.89mg (44.54%), Phosphorus: 337.13mg (33.71%), Vitamin B5: 1.84mg (18.45%), Vitamin B2: 0.24mg (13.85%), Potassium: 479.89mg (13.71%), Calcium: 131.52mg (13.15%), Vitamin B1: 0.18mg (12.29%), Magnesium: 40.74mg (10.18%), Zinc: 1.38mg (9.2%), Manganese: 0.17mg (8.35%), Iron: 1.43mg (7.96%), Vitamin B12: 0.48µg (7.95%), Vitamin K: 6.11µg (5.82%), Folate: 22.71µg (5.68%), Copper: 0.07mg (3.67%), Vitamin A: 181.53IU (3.63%), Vitamin E: 0.51mg (3.42%), Fiber: 0.83g (3.3%), Vitamin D: 0.34µg (2.26%), Vitamin C: 1.37mg (1.67%)