



Tender Italian Baked Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon garlic powder
- ☐ 0.8 cup seasoned bread crumbs italian
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 chicken breast halves boneless skinless

Equipment

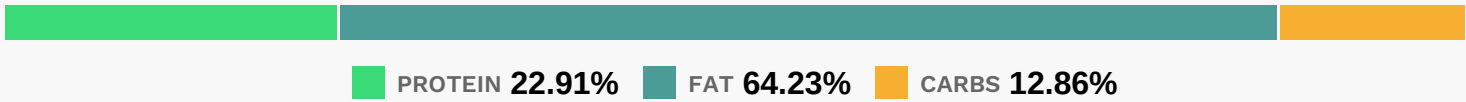
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a bowl, mix the mayonnaise, Parmesan cheese, and garlic powder.
- ☐ Place bread crumbs in a separate bowl. Dip chicken into the mayonnaise mixture, then into the bread crumbs to coat. Arrange coated chicken on a baking sheet.
- ☐ Bake 20 minutes in the preheated oven, or until chicken juices run clear and coating is golden brown.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:20.277826195178%

Nutrients (% of daily need)

Calories: 555.08kcal (27.75%), Fat: 39.08g (60.12%), Saturated Fat: 7.81g (48.79%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.46g (5.98%), Sugar: 1.55g (1.73%), Cholesterol: 101.06mg (33.69%), Sodium: 917.47mg (39.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.73%), Vitamin K: 79.25µg (75.48%), Selenium: 47.19µg (67.42%), Vitamin B3: 13.19mg (65.93%), Vitamin B6: 0.91mg (45.38%), Phosphorus: 367.52mg (36.75%), Vitamin B1: 0.3mg (19.9%), Vitamin B5: 1.87mg (18.67%), Calcium: 160.9mg (16.09%), Vitamin B2: 0.26mg (15.19%), Potassium: 508.19mg (14.52%), Manganese: 0.26mg (12.87%), Vitamin E: 1.72mg (11.46%), Magnesium: 44.96mg (11.24%), Zinc: 1.6mg (10.65%), Iron: 1.7mg (9.45%), Vitamin B12: 0.52µg (8.73%), Folate: 34.41µg (8.6%), Copper: 0.1mg (5.07%), Fiber: 1.15g (4.61%), Vitamin A: 212.75IU (4.26%), Vitamin C: 1.97mg (2.39%), Vitamin D: 0.26µg (1.73%)