



Weight Watchers Parmesan Chicken Cutlets

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon parsley dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper fresh
- ☐ 2 tablespoons seasoned bread crumbs dried italian
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pound chicken breasts boneless skinless

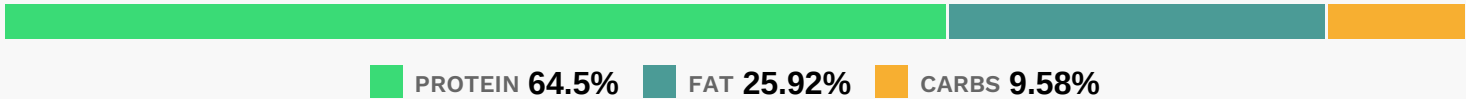
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 400 degrees.2 In resealable plastic bag, combine cheese, crumbs and all seasonings; shake well.3
- ☐ Transfer mixture to plate; dip each chicken breast in cheese mixture, turning to coat all sides.4 Arrange on nonstick baking sheet.5
- ☐ Bake until chicken is cooked through, 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:12.66869567529%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 174.73kcal (8.74%), Fat: 4.84g (7.45%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.36g (0.39%), Cholesterol: 76.87mg (25.62%), Sodium: 298.87mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.21%), Vitamin B3: 12.17mg (60.83%), Selenium: 39.03µg (55.76%), Vitamin B6: 0.87mg (43.59%), Phosphorus: 292.42mg (29.24%), Vitamin B5: 1.68mg (16.82%), Potassium: 445.1mg (12.72%), Vitamin B2: 0.16mg (9.24%), Calcium: 90.05mg (9%), Magnesium: 35.25mg (8.81%), Vitamin B1: 0.13mg (8.34%), Zinc: 0.92mg (6.12%), Vitamin B12: 0.32µg (5.32%), Manganese: 0.09mg (4.53%), Iron: 0.77mg (4.27%), Vitamin K: 3.23µg (3.08%), Folate: 11.2µg (2.8%), Vitamin A: 124.43IU (2.49%), Copper: 0.05mg (2.46%), Vitamin C: 1.53mg (1.86%), Vitamin E: 0.27mg (1.78%), Fiber: 0.34g (1.36%)