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## Baked Garlic Parmesan Chicken ♦

A delicious and flavorful chicken dish that is baked with a garlic parmesan coating. It is crispy on the outside and tender on the inside. Perfect for a family dinner or special occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>2 tsp</b>	garlic powder
<b>1 c</b>	parmesan cheese
<b>1 c</b>	breadcrumbs
<b>2 tbsp</b>	olive oil

1 tsp salt

1 tsp black pepper

## Directions

### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a bowl, mix together the garlic powder, Parmesan cheese, breadcrumbs, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Coating

Coat the chicken breasts with olive oil and then dredge them in the breadcrumb mixture, pressing firmly to adhere.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Baking

Place the coated chicken breasts on a baking sheet lined with parchment paper.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 5

Baking

Bake in the preheated oven for 25 minutes or until the chicken is cooked through and the coating is golden brown.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 18 g

**Protein:** 29 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	29 g	170.59%	170.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	9 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	18 g	64.29%	72%
Cholesterol	90 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

### Cooking Method

Steaming

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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