



EZ GARLIC PARMESAN CHICKEN

 8 portions

INGREDIENTS

- 1/2 cup of cheese, parmesan, grated (50 g)
- 1 tsp of spices, garlic powder (3 g)
- 1.5 tsps of salt, table (9 g)
- 1/2 tsp, ground of spices, pepper, black (1 g)
- 32 oz of chicken, (904 g)
- 1 tsp of non-stick spray-coconut oil or olive oil (7 g)

COOKING METHOD

¹⁰ Description: Equipment: Baking dish and small mixing bowl Instructions: 1. Preheat oven to 375 degrees. Spray baking dish with nonstick cooking spray and arrange the chicken breasts in the dish. 2. Mix the rest of the ingredients together in a small mixing bowl and spread evenly over chicken breasts. 3. Bake for ~45 minutes or until internal chicken temperature reaches 165 degrees

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (122 g)	% DRI
ENERGY	123 kcal	150 kcal	7 %
FAT	4 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	64 mg	78 mg	26 %
SODIUM	611 mg	745 mg	31 %
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	0 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	20 g	25 g	—