

Tender Italian Baked Chicken



Flavorful and moist baked chicken.

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

Servings: 4

Yield: 4 servings



Ingredients

¾ cup mayonnaise

½ cup grated Parmesan cheese

¾ teaspoon garlic powder

¾ cup Italian seasoned bread crumbs

4 breast half, bone and skin removed (boneless) skinless, boneless chicken breast halves

Directions

Step 1

Preheat oven to 425 degrees F (220 degrees C).

Step 2

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.

Step 3

Bake 20 minutes in the preheated oven, or until chicken juices run clear and coating is golden brown.

Nutrition Facts

Per Serving:

553.9 calories; protein 31.8g 64% DV; carbohydrates 17.1g 6% DV; fat 39.6g 61% DV; cholesterol 91.6mg 31% DV; sodium 768.3mg 31% DV.

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Note: Instead of mayonnaise and garlic powder, you can use pesto mayonnaise.