

# Crispy Chicken Parmesan

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## Servings: 6

2 (2.5 to 3 pound ea) broiler-fryers,  
skinned and cut up

1 1/4 cups Miracle Whip®

2 cups corn flake crumbs

1 cup (4 ounce) Parmesan cheese,  
grated

1/4 teaspoon pepper

## Preparation Time: 15 minutes

## Cook Time: 1 hour

Preheat the oven to 350 degrees.

Brush the chicken with Miracle Whip. Coat with  
the combined crumbs, cheese and pepper.  
Place on the rack of a broiler pan.

Bake for one hour or until tender.

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Per Serving (excluding unknown  
items): 238 Calories; 24g Fat  
(88.2% calories from fat); trace  
Protein; 7g Carbohydrate; trace  
Dietary Fiber; 17mg Cholesterol;  
332mg Sodium. Exchanges: 0  
Grain(Starch); 0 Lean Meat; 4 1/2  
Fat; 1/2 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

|                                |       |                       |       |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal):               | 238   | Vitamin B6 (mg):      | 0mg   |
| % Calories from Fat:           | 88.2% | Vitamin B12 (mcg):    | trace |
| % Calories from Carbohydrates: | 11.2% | Thiamin B1 (mg):      | 0mg   |
| % Calories from Protein:       | 0.6%  | Riboflavin B2 (mg):   | trace |
| Total Fat (g):                 | 24g   | Folacin (mcg):        | trace |
| Saturated Fat (g):             | 3g    | Niacin (mg):          | trace |
| Monounsaturated Fat (g):       | trace | Caffeine (mg):        | 0mg   |
| Polyunsaturated Fat (g):       | trace | Alcohol (kcal):       | 0     |
| Cholesterol (mg):              | 17mg  | % Refuse:             | n n%  |
| Carbohydrate (g):              | 7g    | <b>Food Exchanges</b> |       |
| Dietary Fiber (g):             | trace | Grain (Starch):       | 0     |
| Protein (g):                   | trace | Lean Meat:            | 0     |
| Sodium (mg):                   | 332mg | Vegetable:            | 0     |
| Potassium (mg):                | 2mg   | Fruit:                | 0     |

**Calcium (mg):** 12mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 6IU  
**Vitamin A (r.e.):** 2RE

**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 238 **Calories from Fat:** 210

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 24g   | 36% |
| Saturated Fat              | 3g    | 17% |
| <b>Cholesterol</b>         | 17mg  | 6%  |
| <b>Sodium</b>              | 332mg | 14% |
| <b>Total Carbohydrates</b> | 7g    | 2%  |
| Dietary Fiber              | trace | 0%  |
| <b>Protein</b>             | trace |     |

|                  |    |
|------------------|----|
| <b>Vitamin A</b> | 0% |
| <b>Vitamin C</b> | 0% |
| <b>Calcium</b>   | 1% |
| <b>Iron</b>      | 0% |

\* Percent Daily Values are based on a 2000 calorie diet.