

Succulent Chicken Parmesan

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Servings: 4

1/4 cup Italian dry bread crumbs
1/4 cup Parmesan cheese
1/4 cup mayonnaise
4 (about 1-1/4 pounds) boneless/
skinless chicken breast halves
1/2 cup pasta sauce
1/2 cup mozzarella cheese, shredded

Preparation Time: 10 minutes

Cook Time: 23 minutes

Preheat the oven to 425 degrees.

In a shallow dish, combine the bread crumbs with the Parmesan cheese. Set aside.

In a large plastic bag, add the chicken and mayonnaise. Shake to evenly coat. Remove the chicken. Lightly coat in the bread crumb mixture. Arrange the chicken on a cookie sheet.

Bake for 20 minutes.

Evenly top the chicken with the sauce. Sprinkle the mozzarella cheese on top.

Bake an additional 3 minutes or until the chicken is thoroughly cooked and the cheese is melted.

Per Serving (excluding unknown items): 166 Calories; 17g Fat (86.6% calories from fat); 5g Protein; 1g Carbohydrate; 0g Dietary Fiber; 21mg Cholesterol; 230mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	166	Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	17g	Folacin (mcg):	3mcg
Saturated Fat (g):	5g	Niacin (mg):	trace

Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 21mg
Carbohydrate (g): 1g
Dietary Fiber (g): 0g
Protein (g): 5g
Sodium (mg): 230mg
Potassium (mg): 21mg
Calcium (mg): 153mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 202IU
Vitamin A (r.e.): 56 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 166 **Calories from Fat:** 144

% Daily Values*

Total Fat	17g	26%
Saturated Fat	5g	24%
Cholesterol	21mg	7%
Sodium	230mg	10%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Protein	5g	

Vitamin A	4%
Vitamin C	0%
Calcium	15%
Iron	1%

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