

Baked Parmesan Garlic Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/kraft-italian-dressing-baked-chicken-recipe>

Ingredients:

- 4 boneless skinless chicken breasts
- 1 package Italian dressing Packet
- 1 teaspoon garlic powder
- 1/2 cup grated Parmesan cheese You can also use fresh shredded which I used

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 140 milligrams
4. Fat: 12 grams
5. Protein: 47 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 540 milligrams
8. Sugar: 1 grams

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