

Greek Yogurt Parmesan Chicken

Yield: 3 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-parmesan-chicken-recipe>

Ingredients:

- 1 cup plain greek yogurt
- 1/2 cup grated Parmesan cheese
- 1/4 cup panko breadcrumbs or as needed
- 1/2 ounce ranch salad dressing mix
- 1 teaspoon garlic powder
- 1 teaspoon yellow mustard prepared, or to taste, optional
- 1/2 teaspoon ground black pepper
- 3 boneless skinless chicken breast halves small, pounded 1/2-inch thick

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 155 milligrams
4. Fat: 13 grams
5. Protein: 51 grams
6. SaturatedFat: 6 grams
7. Sodium: 580 milligrams
8. Sugar: 4 grams

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