

OMG Chicken

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SERVINGS: 4

NUTRITION INFO

Calories — 410 Fat — 23 g Protein — 48 g
Carbs — 3 g Fiber — 0 g Net carbs — 3 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 4 chicken breasts, boneless skinless
- 2/3 C. mayonnaise
- 1/3 C. shredded Parmesan cheese
- 1 1/2 tsp. Dijon mustard
- 1/2 tsp. garlic powder
- 2 T. crushed pork rinds (I use Old Dutch Bac'n Puffs)
- Salt, to taste
- Pepper, to taste
- Cooking spray

DIRECTIONS

1. Preheat oven to 425 degrees.
2. In a small bowl, add mayo, cheese, mustard and garlic powder. Mix.
3. Place chicken breasts on a sprayed baking sheet. Sprinkle with salt and pepper.
4. Evenly spread mayo mixture over top of chicken breasts.
5. Sprinkle with pork rind crumbs.
6. Bake 20 minutes.