Grandma Carter's Parmesan Chicken

HEARTY

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
4 servings	10 min	≈55 min	350 °F (177 °C)	742 kcal · 790 mg Na · 51 g protein

EQUIPMENT
Baking dish, 9 × 13 in · Probe thermometer

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Pan spray		to coat	Set a rack second from the top of the oven and preheat to 350 °F (177 °C). Spray the bottom of the baking dish.
2	Miracle Whip	240 g	1 cup	In a bowl, stir the Miracle Whip, Parmesan, oregano and garlic powder together until evenly mixed.
	Parmesan, Kraft grated	60 g	½ cup	
	Oregano, dried*, optional*	1 g	1 tsp	
	Garlic powder*, optional*	3.1 g	1 tsp	
3	Whole chicken (broiler-fryer)*, cut into pieces*	1588 g	1, ≈3½ lb	Lay the chicken pieces in the dish in one layer, skin side up. Spoon the Miracle Whip mixture over the chicken, covering the tops of all the pieces.
4				Bake on that second rack from the top until golden, ≈45 min. It's done when the thickest part of the breast reads 165 °F (74 °C) and the thigh reads 175 °F (79 °C). Rest 5 min before serving.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Miracle Whip	240 g	640	1,520	—
Parmesan, Kraft grated	60 g	240	960	24
Oregano, dried	1 g	3	0	0
Garlic powder	3.1 g	10	2	1
Whole chicken (broiler-fryer)*, meat and skin*	966 g	2,077	676	180
Total		**2,970**	**3,158**	**204**
Per serving (1/4)		**742**	**790**	**51**

Nutrition: USDA FoodData Central: SR Legacy (chicken, with USDA's yield of 276 g meat and skin per lb; oregano; garlic powder) and Branded Foods labels (Miracle Whip, 1 tbsp = 15 g = 40 kcal, 95 mg, 0 g; Kraft Grated Parmesan, 2 tsp = 5 g = 20 kcal, 80 mg, 2 g). Assumes you eat the skin. Pan spray not counted.

NOTES

- The card says "about 45 minutes". Big pieces can take longer, so go by the thermometer.
- The oregano and garlic powder are "if desired" on the card.