



A Good Easy Garlic Chicken

 **Gluten Free**  **Popular**

READY IN



20 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon seasoning salt
- 4 chicken breast halves boneless skinless

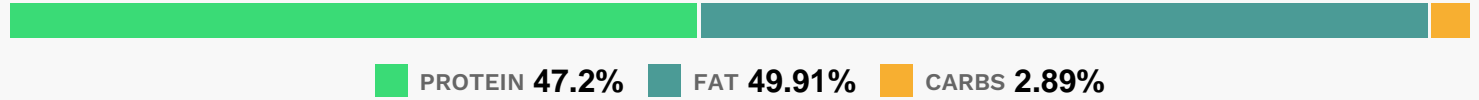
Equipment

- frying pan

Directions

- Melt butter in a large skillet over medium high heat.
- Add chicken and sprinkle with garlic powder, seasoning salt and onion powder.
- Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:11.358260854431%

Nutrients (% of daily need)

Calories: 210.77kcal (10.54%), Fat: 11.46g (17.63%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.08g (0.08%), Cholesterol: 94.89mg (31.63%), Sodium: 781.23mg (33.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin B3: 11.8mg (59.02%), Selenium: 36.7µg (52.42%), Vitamin B6: 0.88mg (43.75%), Phosphorus: 247.64mg (24.76%), Vitamin B5: 1.64mg (16.37%), Potassium: 443.56mg (12.67%), Magnesium: 31.33mg (7.83%), Vitamin B2: 0.12mg (7%), Vitamin A: 296.3IU (5.93%), Vitamin B1: 0.08mg (5.44%), Zinc: 0.73mg (4.88%), Vitamin B12: 0.24µg (4.06%), Vitamin E: 0.47mg (3.13%), Iron: 0.53mg (2.94%), Copper: 0.04mg (2.1%), Manganese: 0.04mg (1.98%), Vitamin C: 1.49mg (1.81%), Folate: 5.86µg (1.46%), Calcium: 11.64mg (1.16%)