



Angela's Easy Breaded Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup salad dressing italian-style
- 2 cups seasoned bread crumbs dry
- 4 chicken breast boneless skinless

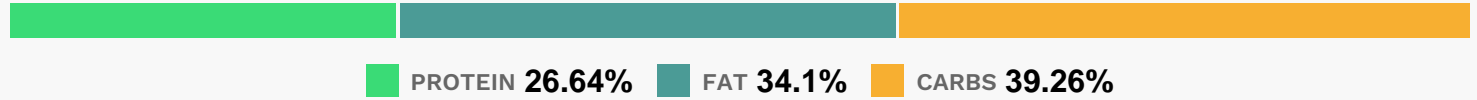
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Dredge chicken breasts in salad dressing, then coat completely with bread crumbs.
- Place coated chicken breasts in a lightly greased 9x13 inch baking dish and bake in the preheated oven for about 30 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:24.006522147552%

Nutrients (% of daily need)

Calories: 499.62kcal (24.98%), Fat: 18.61g (28.63%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 45.26g (16.46%), Sugar: 9.79g (10.88%), Cholesterol: 72.92mg (24.31%), Sodium: 1516.07mg (65.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Vitamin B3: 15.56mg (77.8%), Selenium: 52.15µg (74.51%), Vitamin K: 60.73µg (57.83%), Vitamin B6: 0.99mg (49.33%), Vitamin B1: 0.66mg (44.04%), Phosphorus: 352.31mg (35.23%), Manganese: 0.63mg (31.28%), Vitamin B2: 0.36mg (21.29%), Vitamin B5: 1.98mg (19.84%), Iron: 3.52mg (19.57%), Folate: 75.92µg (18.98%), Potassium: 606.05mg (17.32%), Magnesium: 59.92mg (14.98%), Calcium: 122.49mg (12.25%), Fiber: 2.94g (11.76%), Vitamin E: 1.66mg (11.05%), Zinc: 1.55mg (10.36%), Copper: 0.19mg (9.4%), Vitamin B12: 0.44µg (7.27%), Vitamin C: 3.21mg (3.89%), Vitamin A: 170.85IU (3.42%)