

Anniversary Chicken

 **Gluten Free**

READY IN



65 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounce bacon bits canned
- 1 tablespoon parsley fresh chopped for garnish
- 3 spring onion chopped
- 0.5 cup salad dressing ranch-style
- 1 cup cheddar cheese shredded
- 6 chicken breast halves boneless skinless
- 0.5 cup teriyaki sauce
- 2 tablespoons vegetable oil

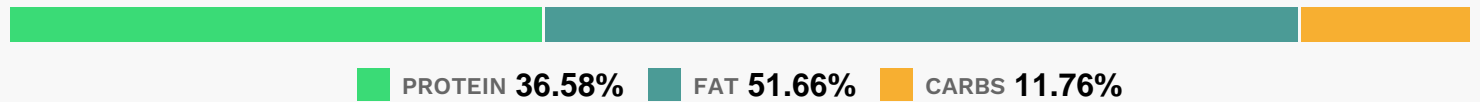
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet, heat oil over medium-high heat.
- Add chicken breasts, and saute 4 to 5 minutes each side, until lightly browned.
- Place browned chicken breasts in a 9x13 inch baking dish.
- Brush with teriyaki sauce, then spoon on salad dressing.
- Sprinkle with cheese, green onions and bacon bits.
- Bake for 25 to 35 minutes, or until chicken is no longer pink and juices run clear.
- Garnish with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:18.276087056036%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 383.73kcal (19.19%), Fat: 21.69g (33.37%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 9.46g (3.44%), Sugar: 5.71g (6.34%), Cholesterol: 91.15mg (30.38%), Sodium: 1620.14mg (70.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.09%), Vitamin B3: 12.39mg (61.97%), Selenium: 43.23µg (61.76%), Vitamin B6: 0.91mg (45.57%), Vitamin K: 43.33µg (41.27%), Phosphorus: 396.82mg (39.68%),

Vitamin B5: 1.74mg (17.43%), Calcium: 166.9mg (16.69%), Magnesium: 65.08mg (16.27%), Potassium: 543.86mg (15.54%), Vitamin E: 2.17mg (14.48%), Vitamin B2: 0.23mg (13.43%), Vitamin B1: 0.18mg (11.85%), Zinc: 1.68mg (11.2%), Vitamin B12: 0.6µg (9.93%), Folate: 33.25µg (8.31%), Copper: 0.15mg (7.34%), Vitamin A: 345.64IU (6.91%), Fiber: 1.65g (6.59%), Iron: 1.14mg (6.33%), Vitamin C: 3.72mg (4.51%), Manganese: 0.04mg (1.78%), Vitamin D: 0.23µg (1.51%)