

Artichoke Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce artichoke hearts drained chopped canned
- 0.8 cup mayonnaise
- 0.8 cup parmesan cheese grated
- 1 pinch garlic pepper
- 4 chicken breast halves boneless skinless

Equipment

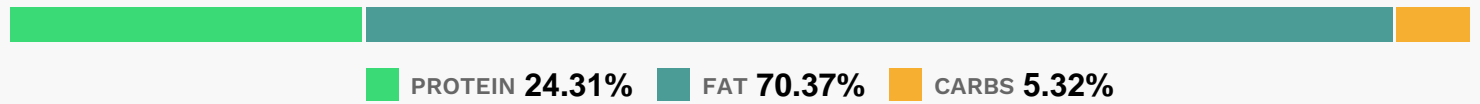
- bowl
- oven

baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, mix together the artichoke hearts, Parmesan cheese, mayonnaise, and garlic pepper.
- Place chicken in a greased baking dish, and cover evenly with artichoke mixture.
- Bake, uncovered, for 30 minutes in the preheated oven, or until chicken is no longer pink in the center and juices run clear.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:17.192608750385%

Nutrients (% of daily need)

Calories: 518.27kcal (25.91%), Fat: 39.59g (60.91%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.1g (1.85%), Sugar: 1.07g (1.19%), Cholesterol: 106.27mg (35.42%), Sodium: 1118.48mg (48.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.56%), Vitamin K: 69.01µg (65.72%), Selenium: 43.72µg (62.46%), Vitamin B3: 11.8mg (59.01%), Vitamin B6: 0.87mg (43.4%), Phosphorus: 365.38mg (36.54%), Calcium: 175.21mg (17.52%), Vitamin B5: 1.74mg (17.45%), Potassium: 462mg (13.2%), Vitamin E: 1.69mg (11.25%), Vitamin B2: 0.19mg (10.94%), Zinc: 1.53mg (10.22%), Magnesium: 36.42mg (9.11%), Vitamin B12: 0.53µg (8.83%), Fiber: 1.64g (6.57%), Vitamin B1: 0.08mg (5.47%), Vitamin A: 223.41IU (4.47%), Iron: 0.59mg (3.31%), Copper: 0.05mg (2.34%), Manganese: 0.04mg (2%), Vitamin D: 0.29µg (1.94%), Folate: 7.75µg (1.94%), Vitamin C: 1.43mg (1.74%)