

Baked Italian Lemon Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter melted
- ☐ 1 tablespoon garlic salt
- ☐ 0.7 ounce salad dressing mix dry italian good seasons® (such as)
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon pepper
- ☐ 1 cup panko bread crumbs
- ☐ 16 ounce chicken breast halves boneless skinless thinly sliced

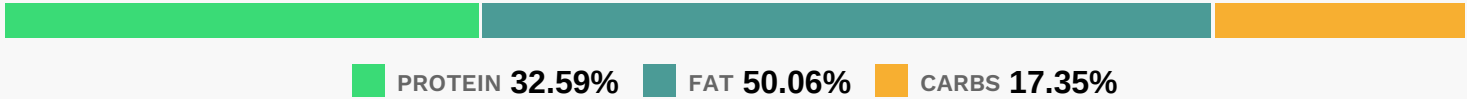
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Mix butter, lemon juice, and half the Italian dressing mix in a shallow dish until well-blended.
- ☐ Pour remaining Italian dressing mix in another shallow bowl and add bread crumbs, garlic salt, and lemon pepper; stir to combine.
- ☐ Dip sliced chicken into butter mixture and press into bread crumb mixture. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Arrange chicken in prepared baking sheet.
- ☐ Drizzle any remaining butter mixture over breaded chicken.
- ☐ Bake in preheated oven until chicken is no longer pink in the center and juices run clean, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:14.207826189373%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 328.71kcal (16.44%), Fat: 17.96g (27.63%), Saturated Fat: 9.83g (61.43%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.18g (4.79%), Sugar: 1.13g (1.26%), Cholesterol: 110.2mg (36.73%), Sodium: 2617.88mg (113.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.61%), Vitamin B3: 12.84mg (64.21%), Selenium: 40.28µg (57.54%), Vitamin B6: 0.87mg (43.65%), Phosphorus: 268.48mg (26.85%), Vitamin B5: 1.73mg

(17.35%), Vitamin B1: 0.22mg (14.72%), Potassium: 467.9mg (13.37%), Manganese: 0.22mg (11.2%), Vitamin B2: 0.18mg (10.7%), Vitamin A: 474.53IU (9.49%), Magnesium: 37.63mg (9.41%), Iron: 1.22mg (6.76%), Zinc: 0.91mg (6.03%), Folate: 22.7µg (5.67%), Vitamin C: 4.26mg (5.17%), Vitamin B12: 0.31µg (5.15%), Vitamin E: 0.65mg (4.33%), Calcium: 41.06mg (4.11%), Copper: 0.08mg (3.9%), Fiber: 0.82g (3.3%), Vitamin K: 3.26µg (3.11%)