



Baked Split Chicken Breast



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



2

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large chicken breast halves bone-in with skin
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon cracked pepper black

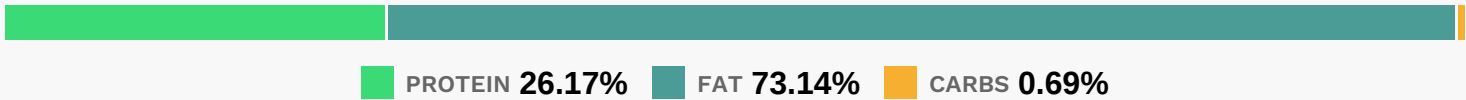
Equipment

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Rub chicken breasts with olive oil and garlic; sprinkle with salt, black pepper, rosemary, and basil. Arrange chicken in a large baking dish and refrigerate at least 45 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake in preheated oven until chicken meat is no longer pink at the bone and the juices run clear, 45 to 60 minutes. An instant-read thermometer inserted in the thickest part of the breast meat should read 165 degrees F (75 degrees C).

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:12.988695600758%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 370.21kcal (18.51%), Fat: 29.95g (46.08%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.01g (0.01%), Cholesterol: 72.32mg (24.11%), Sodium: 713.32mg (31.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Vitamin B3: 11.8mg (59.02%), Selenium: 36.3µg (51.85%), Vitamin B6: 0.86mg (42.95%), Vitamin E: 4.12mg (27.48%), Phosphorus: 239.59mg (23.96%), Vitamin K: 19.45µg (18.53%), Vitamin B5: 1.62mg (16.23%), Potassium: 431.55mg (12.33%), Magnesium: 31.35mg (7.84%), Vitamin B2: 0.12mg (6.84%), Manganese: 0.11mg (5.36%), Vitamin B1: 0.07mg (4.97%), Zinc: 0.68mg (4.54%), Iron: 0.75mg (4.17%), Vitamin B12: 0.23µg (3.77%), Copper: 0.04mg (2.13%), Vitamin C: 1.6mg (1.94%), Calcium: 12.81mg (1.28%), Folate: 5.05µg (1.26%)