

DINNER

Basic Baked Chicken Breasts

7 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	15	\$1.12	147 kcal

If you want to add more gluten free, dairy free, paleolithic, and primal recipes to your recipe box, Basic Baked Chicken Breasts might be a recipe you should try. This recipe serves 15. One serving contains 147 calories, 26g of protein, and 3g of fat.

Ingredients

- ☐ 2 carrots, sliced
- ☐ 4 pounds bone-in chicken breasts (about
- ☐ ¼ teaspoon pepper
- ☐ 4 rib celery ribs with tops, cut into 4-inch pieces
- ☐ 2 medium onions, sliced
- ☐ ½ teaspoon salt

EQUIPMENT Oven, Roasting pan

Method

- 1

Arrange celery, carrots, and onions in a lightly greased 15- x 12-inch roasting pan. Top with chicken; sprinkle with salt and pepper.
- 2

Bake, covered, at 350 for 1 to 1 1/2 hours or until chicken is done. Cool chicken slightly; remove and discard skin and bones. Chop meat, and store in airtight containers in freezer up to 3 months.

Nutrition per serving

147

KCAL

26 g

PROTEIN

3 g

FAT

2 g

CARBS

Saturated Fat

0.7 g · 4% of daily needs

Fibre

0.5 g · 2% of daily needs

Sugar

1 g · 1% of daily needs

Sodium

224 mg · 10% of daily needs

Cholesterol

77.4 mg · 26% of daily needs

Vitamin C

3 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/basic-baked-chicken-breasts-148587