



WHATSHEATE

Best Baked Chicken

♥♥ Popular

READY IN



65 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 teaspoons celery salt
- ☐ 2 teaspoons garlic salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 dash pepper
- ☐ 8 chicken breast halves boneless skinless
- ☐ 1 cup heavy whipping cream sour
- ☐ 2 teaspoons soya sauce

☐

6 ounce herb-seasoned stuffing mix crushed

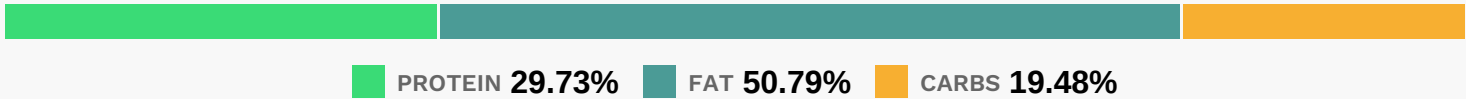
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.
- ☐ In a medium bowl, mix the sour cream, lemon juice, soy sauce, celery salt, garlic salt, and pepper. Dip each chicken breast in the sour cream mixture, then roll in the stuffing mix to coat. Arrange chicken in the prepared baking dish.
- ☐ Drizzle with the melted butter.
- ☐ Bake 40 to 50 minutes in the preheated oven, until the chicken is no longer pink and the juices run clear.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:15.37869547761%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 371.3kcal (18.56%), Fat: 20.74g (31.91%), Saturated Fat: 11.02g (68.86%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.18g (6.25%), Sugar: 2.87g (3.19%), Cholesterol: 120mg (40%), Sodium: 1776.52mg (77.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.65%), Selenium: 47.59µg (67.99%), Vitamin B3: 13.11mg (65.54%), Vitamin B6: 0.9mg (44.78%), Phosphorus: 294.8mg (29.48%), Vitamin B5: 1.82mg (18.18%), Vitamin B2: 0.25mg (14.99%), Potassium: 517.2mg (14.78%), Vitamin B1: 0.21mg (13.82%), Vitamin A: 568.28IU (11.37%), Folate: 43.41µg (10.85%), Magnesium: 41.92mg (10.48%), Manganese: 0.16mg (7.95%), Iron: 1.3mg (7.23%),

Zinc: 0.97mg (6.48%), Calcium: 60.02mg (6%), Vitamin B12: 0.31µg (5.25%), Vitamin E: 0.74mg (4.93%), Copper: 0.09mg (4.5%), Vitamin C: 3.07mg (3.72%), Fiber: 0.71g (2.83%), Vitamin K: 1.9µg (1.81%)