



Chicken a la Camille



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 0.3 cup seasoning italian-style
- 4 chicken breast halves boneless skinless

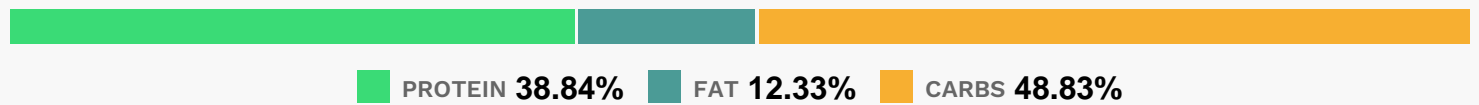
Equipment

- bowl
- oven
- baking pan
- ziploc bags

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken and seasoning in a resealable plastic bag; seal and toss to coat; place coated chicken in a lightly greased 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 20 minutes.
- Place sauce in a shallow dish or bowl and dip chicken in sauce to coat lightly.
- Bake for another 20 minutes; serve with additional barbeque sauce.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:14.928695595783%

Nutrients (% of daily need)

Calories: 259.75kcal (12.99%), Fat: 3.51g (5.39%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 29.32g (10.66%), Sugar: 23.86g (26.51%), Cholesterol: 72.32mg (24.11%), Sodium: 868.28mg (37.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.69%), Vitamin B3: 12.35mg (61.76%), Selenium: 37.22µg (53.18%), Vitamin B6: 0.93mg (46.57%), Phosphorus: 256.04mg (25.6%), Vitamin K: 20.16µg (19.2%), Potassium: 621.78mg (17.77%), Vitamin B5: 1.76mg (17.55%), Manganese: 0.26mg (12.84%), Magnesium: 46.78mg (11.69%), Iron: 1.98mg (11%), Vitamin B2: 0.17mg (9.93%), Vitamin E: 1.33mg (8.9%), Calcium: 77.15mg (7.72%), Fiber: 1.92g (7.67%), Vitamin B1: 0.09mg (6.27%), Zinc: 0.86mg (5.72%), Copper: 0.1mg (5.05%), Vitamin A: 245.09IU (4.9%), Vitamin B12: 0.23µg (3.77%), Folate: 13.06µg (3.27%), Vitamin C: 1.85mg (2.25%)