



## Chinese Five Spice Chicken

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



2

CALORIES



338 kcal

SEASONING

MARINADE

### Ingredients

- 2 teaspoons five spice powder chinese
- 2 chicken breast whole bone-in with skin
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 2 servings salt and pepper to taste

### Equipment

- oven
- baking pan

aluminum foil

## Directions

Rinse chicken breasts and pat dry.

Sprinkle with five-spice powder, garlic powder, salt and pepper. Wrap tightly in aluminum foil and refrigerate to 'marinate' for at least 2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Remove wrapping from chicken breasts and place them in a lightly greased 9x13 inch baking dish.

Drizzle with olive oil and bake at 350 degrees F (175 degrees C) for 45 minutes, or until cooked through and juices run clear.

## Nutrition Facts

 **PROTEIN 59.38%** **FAT 36.86%** **CARBS 3.76%**

## Properties

Glycemic Index:5, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:22.267391282579%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 337.96kcal (16.9%), Fat: 13.5g (20.77%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.04g (0.04%), Cholesterol: 144.64mg (48.21%), Sodium: 457.63mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.93g (97.86%), Vitamin B3: 23.71mg (118.53%), Selenium: 72.88µg (104.11%), Vitamin B6: 1.74mg (87.18%), Phosphorus: 498.41mg (49.84%), Vitamin B5: 3.26mg (32.64%), Potassium: 911.84mg (26.05%), Magnesium: 66.72mg (16.68%), Vitamin B2: 0.24mg (14.1%), Iron: 2.44mg (13.56%), Vitamin B1: 0.16mg (10.98%), Zinc: 1.57mg (10.45%), Vitamin E: 1.45mg (9.65%), Vitamin B12: 0.45µg (7.53%), Manganese: 0.14mg (7.05%), Copper: 0.11mg (5.28%), Vitamin K: 4.67µg (4.45%), Vitamin C: 3.57mg (4.33%), Calcium: 38.51mg (3.85%), Fiber: 0.72g (2.88%), Folate: 10.15µg (2.54%), Vitamin A: 80.24IU (1.6%), Vitamin D: 0.23µg (1.51%)