



Country Style Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 1 teaspoon basil dried
- 0.8 cup graham cracker crumbs
- 0.3 teaspoon ground nutmeg
- 3 cups potatoes sliced
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless
- 30.5 ounce regular corn sweet canned

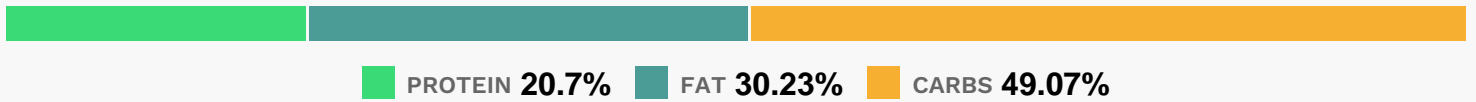
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Melt 1/4 cup butter or margarine in a 9x13 inch glass baking dish.
- Add the potatoes and corn.
- Sprinkle with 1 teaspoon each salt and basil and 1/4 teaspoon nutmeg. Set aside.
- In a shallow dish or bowl, combine crackers, 1 teaspoon each salt and basil, and 1/4 teaspoon nutmeg.
- Mix well.
- Place 1/3 cup melted butter or margarine in another shallow dish or bowl. Dip chicken pieces into melted butter or margarine, then into crumb mixture to coat.
- Place coated chicken breasts on top of vegetable mixture in baking dish. Cover dish tightly and bake in the preheated oven for 70 to 75 minutes or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:83.31, Glycemic Load:50.95, Inflammation Score:-8, Nutrition Score:29.946956738182%

Flavonoids

Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 661.26kcal (33.06%), Fat: 23.28g (35.82%), Saturated Fat: 11.11g (69.46%), Carbohydrates: 85.06g (28.35%), Net Carbohydrates: 75.75g (27.55%), Sugar: 14.72g (16.35%), Cholesterol: 112.99mg (37.66%), Sodium: 949.7mg (41.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.87g (71.74%), Vitamin B3: 17.7mg (88.51%), Vitamin B6: 1.63mg (81.57%), Vitamin C: 44.28mg (53.67%), Selenium: 37.26µg (53.24%), Phosphorus: 530.83mg (53.08%), Potassium: 1591.96mg (45.48%), Vitamin B5: 3.81mg (38.11%), Fiber: 9.31g (37.23%), Magnesium: 133.5mg (33.38%), Manganese: 0.65mg (32.43%), Vitamin B1: 0.44mg (29.12%), Folate: 88.12µg (22.03%), Vitamin A: 1080.28IU (21.61%), Vitamin B2: 0.33mg (19.64%), Iron: 3.51mg (19.48%), Zinc: 2.8mg (18.65%), Copper: 0.32mg (15.91%), Vitamin K: 9.69µg (9.23%), Vitamin E: 0.89mg (5.94%), Calcium: 54.21mg (5.42%), Vitamin B12: 0.26µg (4.3%)