



Crispy Baked Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup miracle whip dressing kraft
- 1 Tbsp parsley flakes
- 1.5 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Mix coating mix and parsley on plate.
- Spread both sides of each chicken breast with mayo; dip 1 at a time, in coating mixture, turning to evenly coat both sides of each breast.
- Place on baking sheet sprayed with cooking spray.
- Bake 25 min. or until done (165F).

Nutrition Facts

PROTEIN 47.48% **FAT 50.2%** **CARBS 2.32%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.280434758767%

Flavonoids

Apigenin: 12.01mg, Apigenin: 12.01mg, Apigenin: 12.01mg, Apigenin: 12.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg

Nutrients (% of daily need)

Calories: 414.92kcal (20.75%), Fat: 22.45g (34.55%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.48g (1.64%), Cholesterol: 169.07mg (56.36%), Sodium: 333.25mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.79g (95.58%), Vitamin B3: 20.49mg (102.44%), Selenium: 54.61µg (78.01%), Vitamin B6: 1.3mg (64.81%), Phosphorus: 426.64mg (42.66%), Vitamin B5: 2.77mg (27.74%), Potassium: 673.62mg (19.25%), Vitamin B2: 0.27mg (16.01%), Zinc: 2.34mg (15.57%), Magnesium: 55.94mg (13.99%), Vitamin B12: 0.62µg (10.34%), Vitamin B1: 0.15mg (9.95%), Iron: 1.64mg (9.1%), Vitamin K: 5.76µg (5.48%), Copper: 0.09mg (4.68%), Vitamin A: 226.71IU (4.53%), Vitamin C: 3.73mg (4.52%), Vitamin E: 0.62mg (4.13%), Manganese: 0.07mg (3.36%), Folate: 12.63µg (3.16%), Vitamin D: 0.37µg (2.45%), Calcium: 23.53mg (2.35%), Fiber: 0.34g (1.36%)