



## Crispy Baked Chili Chicken

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

READY IN



30 min.

SERVINGS



2

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp chili powder
- 0.3 tsp garlic powder
- 0.5 lb chicken breasts boneless skinless
- 2 Tbsp shake 'n bake chicken coating mix ()

### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 425F.
- Mix coating mix, chili and garlic powder. Use to coat chicken as directed on package.
- Place on baking sheet.
- Bake 20 min. or until chicken is done (165F).

## Nutrition Facts

**PROTEIN 67.54%** **FAT 30.08%** **CARBS 2.38%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:12.688695562922%

## Nutrients (% of daily need)

Calories: 166.14kcal (8.31%), Fat: 5.36g (8.24%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.11g (0.12%), Cholesterol: 83.66mg (27.89%), Sodium: 164.26mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Vitamin B3: 12.99mg (64.96%), Selenium: 38.78µg (55.41%), Vitamin B6: 0.94mg (46.79%), Phosphorus: 265.52mg (26.55%), Vitamin B5: 1.77mg (17.65%), Potassium: 478.45mg (13.67%), Vitamin A: 454.99IU (9.1%), Magnesium: 34.75mg (8.69%), Vitamin B2: 0.14mg (8.49%), Zinc: 0.92mg (6.14%), Vitamin B1: 0.09mg (5.77%), Vitamin E: 0.78mg (5.18%), Vitamin B12: 0.27µg (4.54%), Iron: 0.81mg (4.49%), Copper: 0.05mg (2.66%), Manganese: 0.05mg (2.33%), Fiber: 0.5g (2.02%), Vitamin C: 1.61mg (1.95%), Vitamin K: 1.88µg (1.79%), Folate: 5.98µg (1.5%), Calcium: 12.06mg (1.21%)