



Crispy Herb Baked Chicken



Gluten Free



Popular

READY IN



60 min.

SERVINGS



5

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 pound meat from a rotisserie chicken skinless cut into pieces
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.7 cup potato flakes dry

Equipment

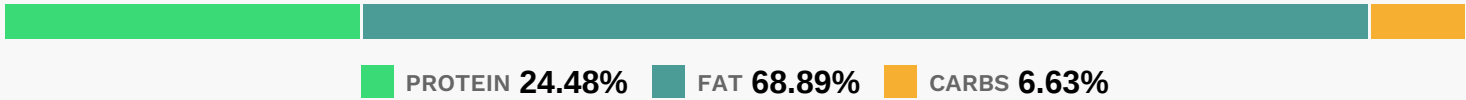
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 degrees F (190 degrees C). Grease or line with foil a baking sheet or a 13 x 9 inch baking pan.
- ☐ In a medium bowl, combine potato flakes, Parmesan cheese, and garlic salt. Stir until well mixed.
- ☐ Dip chicken pieces into melted butter or margarine, and roll in potato flake mixture to coat.
- ☐ Place in prepared pan.
- ☐ Bake for 45 to 60 minutes, or until chicken is tender and golden brown.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:11.622174086778%

Nutrients (% of daily need)

Calories: 445.76kcal (22.29%), Fat: 33.85g (52.07%), Saturated Fat: 14.46g (90.35%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.8g (2.47%), Sugar: 0.28g (0.31%), Cholesterol: 136.31mg (45.44%), Sodium: 778.83mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.13%), Vitamin B3: 9.4mg (46.99%), Selenium: 22.37µg (31.96%), Vitamin B6: 0.52mg (26.15%), Phosphorus: 250.41mg (25.04%), Vitamin B5: 1.39mg (13.93%), Zinc: 2.07mg (13.81%), Vitamin A: 619.62IU (12.39%), Vitamin B2: 0.19mg (11.39%), Vitamin B1: 0.16mg (10.67%), Vitamin C: 8.57mg (10.39%), Potassium: 350.73mg (10.02%), Vitamin B12: 0.52µg (8.68%), Magnesium: 34.05mg (8.51%), Calcium: 79.38mg (7.94%), Iron: 1.31mg (7.27%), Vitamin E: 0.78mg (5.2%), Copper: 0.08mg (3.93%), Vitamin K: 3.83µg (3.65%), Folate: 12.37µg (3.09%), Manganese: 0.04mg (2.23%), Fiber: 0.53g (2.11%), Vitamin D: 0.29µg (1.96%)