



Crispy Italian Baked Chicken

READY IN



60 min.

SERVINGS



5

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pillsbury best® all purpose flour
- ☐ 2.5 lbs broiler-fryer chicken
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup dressing italian
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 teaspoons parsley flakes
- ☐ 0.7 cups potatoes mashed hungry jack®

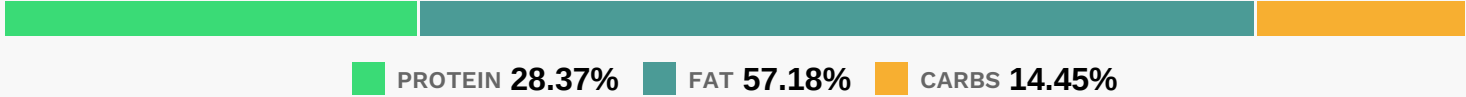
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ HEAT oven to 400F. Coat baking pan with no-stick cooking spray.
- ☐ Combine potato flakes, Parmesan cheese, parsley flakes and garlic powder in a shallow bowl. Stir until well mixed.
- ☐ COAT chicken pieces with flour; dip in Italian dressing. Coat with potato flake mixture, patting until chicken is thoroughly coated; shake off excess breading.
- ☐ Place in prepared pan.
- ☐ Bake 45 to 50 minutes or until instant-read thermometer reaches 165F.

Nutrition Facts



Properties

Glycemic Index:38.15, Glycemic Load:7.11, Inflammation Score:-3, Nutrition Score:11.157391335653%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 344.2kcal (17.21%), Fat: 21.52g (33.1%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.38g (4.14%), Sugar: 2g (2.22%), Cholesterol: 86.18mg (28.73%), Sodium: 340.92mg (14.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.03%), Vitamin B3: 8.12mg (40.58%), Selenium: 19.84µg (28.34%), Vitamin B6: 0.49mg (24.64%), Phosphorus: 234.01mg (23.4%), Zinc: 1.77mg (11.77%), Vitamin B2: 0.19mg (11.44%), Vitamin B5: 1.14mg (11.36%), Vitamin K: 11.62µg (11.06%), Potassium: 357.84mg (10.22%), Calcium: 98.17mg (9.82%), Vitamin B1: 0.15mg (9.68%), Iron: 1.63mg (9.03%), Vitamin C: 7.38mg (8.94%), Magnesium:

33.93mg (8.48%), Vitamin B12: 0.42µg (6.96%), Manganese: 0.12mg (6.11%), Folate: 23.27µg (5.82%), Copper: 0.1mg (5.01%), Vitamin E: 0.7mg (4.66%), Vitamin A: 211.45IU (4.23%), Fiber: 0.85g (3.4%), Vitamin D: 0.25µg (1.67%)