



## Crispy Oven Chicken

 Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup ranch dressing
- 0.8 cup cracker crumbs crisp
- 1 tablespoon thyme sprigs dried fresh chopped
- 1 teaspoon paprika
- 1 pound chicken breast halves boneless skinless

### Equipment

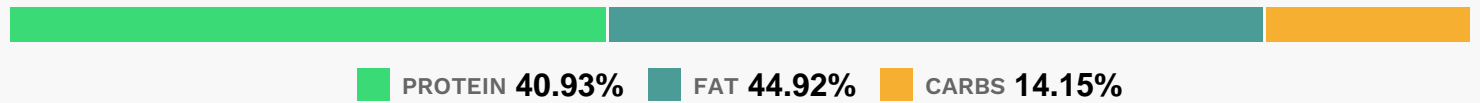
- bowl
- oven

- baking pan
- ziploc bags
- broiler pan

## Directions

- Heat oven to 425°F. Spray rack of broiler pan or baking dish with cooking spray.
- Pour dressing into small bowl.
- Mix cracker crumbs, thyme and paprika in another small bowl or plastic bag. Dip chicken into dressing, then coat with crumb mixture.
- Place on rack in broiler pan.
- Bake uncovered 35 to 40 minutes or until golden brown and juice is no longer pink when centers of thickest pieces are cut. Cover and refrigerate 2 cooked chicken breast halves to use for Curry Chicken Pie.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:27.3469563774444%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg

## Nutrients (% of daily need)

Calories: 504.6kcal (25.23%), Fat: 24.63g (37.9%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.1g (5.85%), Sugar: 3.34g (3.71%), Cholesterol: 152.95mg (50.98%), Sodium: 732.83mg (31.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.51g (101.02%), Vitamin B3: 24.93mg (124.67%), Selenium: 74.72µg (106.75%), Vitamin B6: 1.75mg (87.74%), Phosphorus: 600.35mg (60.03%), Vitamin K: 52.71µg (50.2%), Vitamin B5: 3.59mg (35.94%), Potassium: 929.24mg (26.55%), Vitamin B2: 0.34mg (20.08%), Magnesium: 72.12mg (18.03%), Vitamin B1: 0.25mg (16.94%), Iron: 2.76mg (15.32%), Vitamin A: 738.26IU (14.77%), Vitamin E: 2.17mg (14.49%), Manganese: 0.24mg (12.21%), Zinc: 1.61mg (10.74%), Vitamin C: 8.33mg (10.1%), Vitamin B12: 0.5µg (8.41%), Folate: 28.54µg (7.13%), Calcium: 70.85mg (7.09%), Copper: 0.12mg (6.07%), Fiber: 1.36g (5.43%), Vitamin D: 0.26µg (1.71%)