



Delicious Baked Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves bone-in with skin
- ☐ 1 pinch garlic powder
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 0.8 cup worcestershire sauce

Equipment

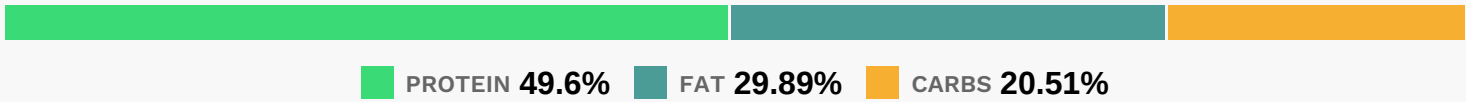
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Rub each chicken breast with olive oil, then place in a lightly greased 9x13 inch baking dish. Season with garlic powder, salt and pepper to taste.
- ☐ Pour Worcestershire sauce over each breast. Cover dish with aluminum foil and bake in the preheated oven for 45 minutes. Check chicken and remove cover if desired.
- ☐ Bake for another 15 minutes.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:13.508695670201%

Nutrients (% of daily need)

Calories: 199.55kcal (9.98%), Fat: 6.43g (9.89%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.92g (3.61%), Sugar: 5.16g (5.73%), Cholesterol: 72.32mg (24.11%), Sodium: 995.27mg (43.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.99%), Vitamin B3: 12.15mg (60.74%), Selenium: 36.42µg (52.03%), Vitamin B6: 0.85mg (42.34%), Phosphorus: 268.34mg (26.83%), Potassium: 830.97mg (23.74%), Iron: 3.17mg (17.63%), Vitamin B5: 1.61mg (16.1%), Vitamin B2: 0.18mg (10.59%), Vitamin C: 8.06mg (9.77%), Magnesium: 36.11mg (9.03%), Vitamin B1: 0.11mg (7.23%), Copper: 0.13mg (6.7%), Calcium: 61mg (6.1%), Vitamin E: 0.76mg (5.07%), Zinc: 0.75mg (5.03%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 2.85µg (2.71%), Folate: 8.66µg (2.16%), Vitamin A: 74.63IU (1.49%)