



## Dijon-Almond Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup planters slivered almonds coarsely chopped

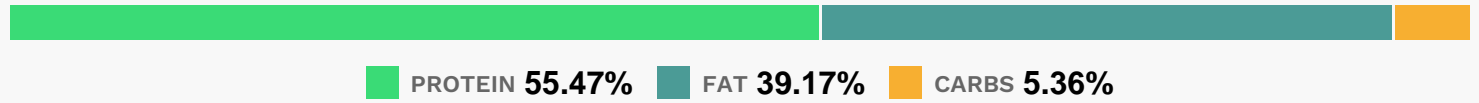
### Equipment

- oven
- baking pan

# Directions

- Heat oven to 375F.
- Place chicken in 13x9-inch baking dish sprayed with cooking spray.
- Mix mayo and mustard; spread onto chicken.
- Sprinkle with nuts.
- Bake 20 to 25 min. or until chicken is done (165F).

# Nutrition Facts



# Properties

Glycemic Index:10.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:13.49521726629%

# Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 189.59kcal (9.48%), Fat: 8.11g (12.48%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.65g (0.72%), Cholesterol: 73.69mg (24.56%), Sodium: 272mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Vitamin B3: 12.11mg (60.57%), Selenium: 39.3µg (56.14%), Vitamin B6: 0.86mg (43.2%), Phosphorus: 279.75mg (27.98%), Vitamin B5: 1.67mg (16.74%), Vitamin E: 2.12mg (14.15%), Potassium: 482.47mg (13.78%), Magnesium: 51.45mg (12.86%), Vitamin B2: 0.2mg (11.49%), Manganese: 0.2mg (10.15%), Vitamin B1: 0.1mg (6.74%), Zinc: 0.92mg (6.14%), Copper: 0.11mg (5.35%), Fiber: 1.17g (4.66%), Iron: 0.8mg (4.44%), Vitamin K: 4.1µg (3.9%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.97mg (2.9%), Folate: 8.31µg (2.08%), Vitamin C: 1.39mg (1.69%)