



Dijonnaise Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chicken soup base
- ☐ 0.3 cup dijon mustard mayonnaise blend prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon pepper
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

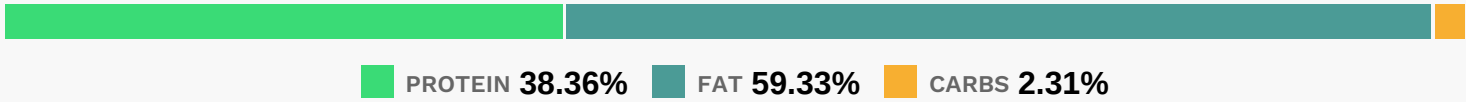
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken in a 9x13 inch baking dish. In a medium bowl, mix the mustard-mayonnaise blend, olive oil, lemon juice, lemon pepper, salt, and bouillon.
- ☐ Pour the mixture over the chicken.
- ☐ Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:13.053913103498%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 261.07kcal (13.05%), Fat: 17.05g (26.23%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.41g (0.45%), Cholesterol: 72.39mg (24.13%), Sodium: 1003.42mg (43.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.6%), Vitamin B3: 11.89mg (59.47%), Selenium: 41.62µg (59.46%), Vitamin B6: 0.86mg (43.04%), Phosphorus: 256.03mg (25.6%), Vitamin B5: 1.67mg (16.72%), Vitamin E: 2.23mg (14.84%), Potassium: 453.75mg (12.96%), Magnesium: 38.22mg (9.56%), Vitamin K: 9.4µg (8.96%), Vitamin B2: 0.13mg (7.46%), Manganese: 0.15mg (7.42%), Vitamin B1: 0.1mg (6.91%), Zinc: 0.76mg (5.1%), Iron: 0.8mg (4.46%), Vitamin B12: 0.23µg (3.79%), Vitamin C: 2.88mg (3.48%), Fiber: 0.81g (3.23%), Copper: 0.05mg (2.49%), Calcium: 19.32mg (1.93%), Folate: 6.6µg (1.65%)