



Easy Baked Chicken and Potato Dinner for Two

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound chicken breast halves boneless skinless
- 2 tablespoons dijon mustard
- 0.8 pound potatoes - remove skin red cut into fourths
- 1 small bell pepper green red cut into 1/2-inch pieces
- 1 small onion cut into 8 wedges
- 1 serving pam original flavor shopping list
- 2 tablespoons parmesan cheese grated

- 0.5 teaspoon paprika
- 0.5 cup frangelico bisquick heart smart®

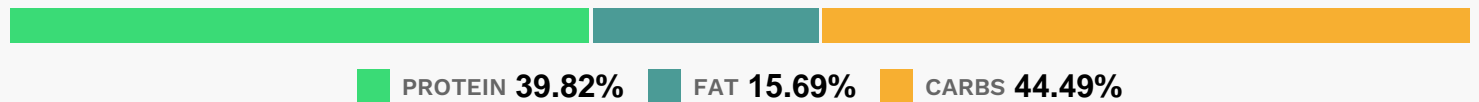
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 400°F. Spray baking dish, 13x9x2 inches, with cooking spray.
- Brush chicken with 1 tablespoon of the mustard, then coat with Bisquick mix.
- Place 1 chicken breast half in each corner of pan.
- Place potatoes, bell pepper and onion in center of pan; brush vegetables with remaining mustard. Spray chicken and vegetables with cooking spray; sprinkle evenly with cheese and paprika.
- Bake 35 to 40 minutes, stirring vegetables after 20 minutes, until potatoes are tender and juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:23.469565326753%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

Nutrients (% of daily need)

Calories: 301.75kcal (15.09%), Fat: 5.28g (8.13%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 28.79g (10.47%), Sugar: 4.83g (5.37%), Cholesterol: 76.92mg (25.64%), Sodium: 417.54mg (18.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.36%), Vitamin B3: 14.14mg (70.69%), Vitamin B6: 1.29mg (64.43%), Selenium: 44.19µg (63.13%), Vitamin C: 48.39mg (58.66%), Phosphorus: 408.92mg (40.89%), Potassium: 1352.46mg (38.64%), Vitamin B5: 2.24mg (22.44%), Manganese: 0.42mg (21.09%), Magnesium: 83.94mg (20.99%), Fiber: 4.94g (19.74%), Vitamin B1: 0.28mg (18.59%), Copper: 0.31mg (15.66%), Vitamin B2: 0.22mg (12.9%), Iron: 2.23mg (12.37%), Folate: 47.1µg (11.77%), Zinc: 1.66mg (11.07%), Vitamin A: 483.7IU (9.67%), Calcium: 89.22mg (8.92%), Vitamin K: 8.75µg (8.33%), Vitamin B12: 0.29µg (4.9%), Vitamin E: 0.6mg (4%)