



Easy Baked Chicken and Potato Dinner for Two

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 0.5 cup frangelico bisquick heart smart®
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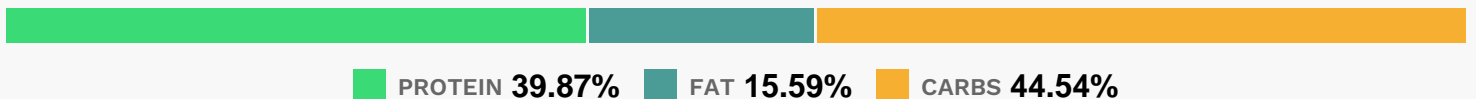
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 400F. 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: 301.35kcal (15.07%), Fat: 5.24g (8.07%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 28.78g (10.47%), Sugar: 4.83g (5.37%), Cholesterol: 76.92mg (25.64%), Sodium: 417.51mg (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%)