



## Easy Baked Chicken and Potato Dinner for Two

READY IN



60 min.

SERVINGS



2

CALORIES



430 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 baking mix bisquick heart smart® original bisquick®

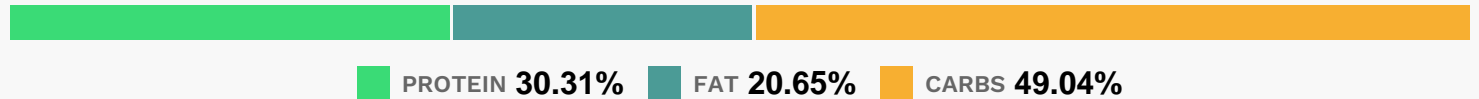
## Equipment

- 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:-8, Nutrition Score:27.319999961749%

## 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: 429.75kcal (21.49%), Fat: 9.86g (15.18%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 47.14g (17.14%), Sugar: 8.33g (9.25%), Cholesterol: 77.52mg (25.84%), Sodium: 800.31mg (34.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.16%), Vitamin B3: 15.5mg (77.5%), Selenium: 46.44µg (66.35%), Vitamin B6: 1.31mg (65.57%), Vitamin C: 48.48mg (58.77%), Phosphorus: 584.42mg (58.44%), Potassium: 1401.36mg (40.04%), Vitamin B1: 0.45mg (30.09%), Manganese: 0.52mg (26.19%), Vitamin B5: 2.51mg (25.09%),

Magnesium: 91.44mg (22.86%), Fiber: 5.57g (22.26%), Folate: 84.6µg (21.15%), Vitamin B2: 0.35mg (20.61%),  
Copper: 0.36mg (17.97%), Iron: 3.06mg (16.99%), Calcium: 142.92mg (14.29%), Zinc: 1.84mg (12.27%), Vitamin K:  
10.7µg (10.19%), Vitamin A: 484.9IU (9.7%), Vitamin B12: 0.41µg (6.85%), Vitamin E: 0.64mg (4.26%)