



Easy Cheesy Chicken II

READY IN



60 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 3 cups butter crackers crushed cheese flavored
- 4 chicken breast halves boneless skinless

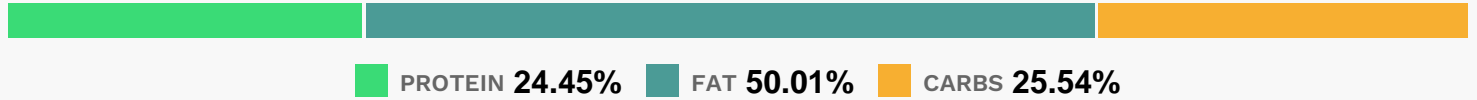
Equipment

- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Lightly grease a 9x13 inch baking dish.
- Roll the chicken breasts in melted butter or margarine, then in the crushed cracker crumbs.
- Bake in the preheated oven for 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.842608768007%

Nutrients (% of daily need)

Calories: 451.94kcal (22.6%), Fat: 24.88g (38.27%), Saturated Fat: 10.39g (64.91%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 27.55g (10.02%), Sugar: 3.67g (4.08%), Cholesterol: 102.82mg (34.27%), Sodium: 619.21mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.73%), Vitamin B3: 13.99mg (69.94%), Selenium: 38.37µg (54.82%), Vitamin B6: 0.87mg (43.69%), Phosphorus: 363.55mg (36.36%), Vitamin K: 23.72µg (22.59%), Vitamin B1: 0.27mg (18.13%), Vitamin B5: 1.79mg (17.92%), Vitamin E: 2.11mg (14.1%), Vitamin B2: 0.24mg (13.95%), Potassium: 475.05mg (13.57%), Iron: 2.43mg (13.51%), Manganese: 0.26mg (13%), Magnesium: 38.21mg (9.55%), Folate: 37.35µg (9.34%), Calcium: 78.36mg (7.84%), Vitamin A: 388.45IU (7.77%), Zinc: 0.94mg (6.28%), Copper: 0.09mg (4.32%), Vitamin B12: 0.25µg (4.17%), Fiber: 1.03g (4.14%), Vitamin C: 1.36mg (1.64%)