



## Easy Crispy Baked Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pinch garlic powder to taste
- ☐ 0.5 cup butter melted
- ☐ 2 cups saltines crushed
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 6 chicken breast halves boneless skinless

### Equipment

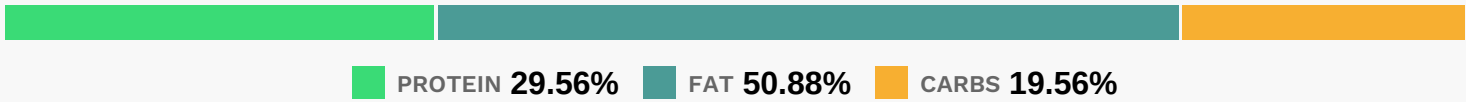
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease a baking dish.
- ☐ Mix cracker crumbs, seasoned salt, and garlic powder in a shallow bowl. Dip chicken breasts into melted margarine and press into cracker mixture until coated. Arrange chicken in prepared baking dish.
- ☐ Bake in preheated oven until chicken breasts are no longer pink in the center and the juices run clear, 45 to 60 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (75 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:14.639565099841%

## Nutrients (% of daily need)

Calories: 362.42kcal (18.12%), Fat: 20.17g (31.03%), Saturated Fat: 4.18g (26.16%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 16.79g (6.11%), Sugar: 0.3g (0.33%), Cholesterol: 72.32mg (24.11%), Sodium: 916.62mg (39.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Vitamin B3: 13.29mg (66.47%), Selenium: 38.57µg (55.1%), Vitamin B6: 0.87mg (43.42%), Phosphorus: 265.52mg (26.55%), Vitamin B5: 1.74mg (17.37%), Vitamin B1: 0.24mg (15.87%), Vitamin A: 710.78IU (14.22%), Vitamin B2: 0.23mg (13.74%), Potassium: 461.79mg (13.19%), Manganese: 0.21mg (10.68%), Iron: 1.72mg (9.57%), Folate: 35.98µg (9%), Magnesium: 35.34mg (8.83%), Vitamin E: 1.07mg (7.13%), Vitamin K: 6.15µg (5.86%), Zinc: 0.82mg (5.45%), Vitamin B12: 0.27µg (4.43%), Copper: 0.06mg (3.17%), Fiber: 0.65g (2.62%), Vitamin C: 1.39mg (1.69%), Calcium: 16.01mg (1.6%)