



## Easy Crispy Baked Chicken

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**35**

CALORIES



**67 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp milk
- 0.3 cup miracle whip dressing
- 0.3 cup parmesan cheese shredded kraft
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake chicken coating mix

### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Combine coating mix and cheese in pie plate.
- Mix dressing and milk in separate pie plate until blended.
- Spray baking sheet with cooking spray. Dip chicken, 1 breast at a time, in dressing mixture, then in coating mixture, turning to evenly coat both sides of each breast with each ingredient.
- Place on prepared baking sheet.
- Bake 20 to 25 min. or until done (165F).

## Nutrition Facts



## Properties

Glycemic Index:1.86, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.8217390950607%

## Nutrients (% of daily need)

Calories: 67.35kcal (3.37%), Fat: 3.94g (6.06%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.24g (0.26%), Cholesterol: 25.53mg (8.51%), Sodium: 60.2mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin B3: 2.84mg (14.18%), Selenium: 7.51µg (10.73%), Vitamin B6: 0.17mg (8.73%), Phosphorus: 66.78mg (6.68%), Vitamin B5: 0.39mg (3.9%), Potassium: 92.14mg (2.63%), Zinc: 0.39mg (2.6%), Vitamin B2: 0.04mg (2.55%), Magnesium: 8.24mg (2.06%), Vitamin B12: 0.11µg (1.82%), Calcium: 15.48mg (1.55%), Vitamin B1: 0.02mg (1.48%), Iron: 0.25mg (1.41%)