



Easy Deviled Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 cup butter
- 0.5 cup mayonnaise
- 2 tablespoons mustard prepared
- 8 servings salt and pepper to taste
- 8 chicken breast halves boneless skinless
- 16 ounce herb-seasoned bread stuffing mix dry

Equipment

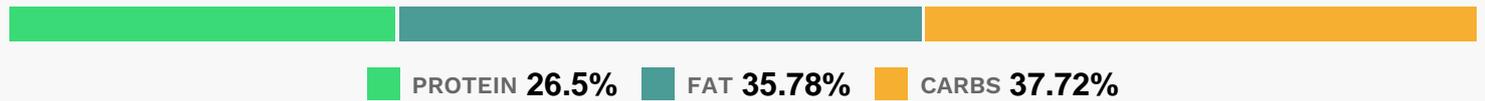
- bowl

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter/margarine and mix in a small bowl with mayonnaise and mustard.
- Pour mixture into a shallow bowl or plate.
- Season chicken with salt and pepper to taste.
- Roll seasoned chicken breasts in mayonnaise mixture, then dip in mixed herbs and place in a lightly greased 9x13 inch baking dish.
- Bake in the preheated oven for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:20.57739139899%

Nutrients (% of daily need)

Calories: 470.6kcal (23.53%), Fat: 18.33g (28.2%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 41.51g (15.09%), Sugar: 4.82g (5.36%), Cholesterol: 86.39mg (28.8%), Sodium: 1274.45mg (55.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Selenium: 65.01µg (92.87%), Vitamin B3: 15.08mg (75.39%), Vitamin B6: 0.94mg (46.82%), Phosphorus: 325.09mg (32.51%), Vitamin B1: 0.42mg (27.93%), Folate: 100.84µg (25.21%), Vitamin K: 23.97µg (22.83%), Vitamin B2: 0.35mg (20.49%), Vitamin B5: 1.88mg (18.75%), Manganese: 0.37mg (18.54%), Potassium: 566.9mg (16.2%), Iron: 2.67mg (14.83%), Magnesium: 54.08mg (13.52%), Copper: 0.17mg (8.55%), Zinc: 1.23mg (8.21%), Fiber: 1.98g (7.9%), Vitamin E: 0.98mg (6.57%), Calcium: 65.1mg (6.51%), Vitamin B12: 0.26µg (4.34%), Vitamin A: 135.43IU (2.71%), Vitamin C: 1.37mg (1.66%)