



Easy Garlic Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 6 cloves garlic crushed
- 2 cups seasoned bread crumbs dry
- 1.5 pounds chicken breast halves boneless skinless

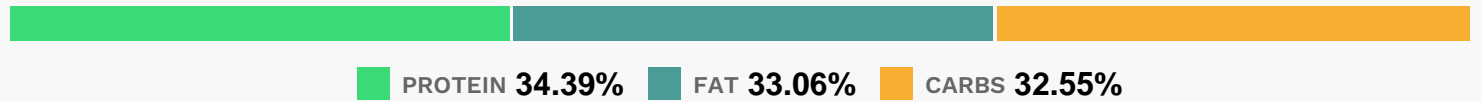
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
- Place coated chicken in a lightly greased 9x13 inch baking dish.
- Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces.
- Bake in the preheated oven for 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:27.949565073718%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 532.14kcal (26.61%), Fat: 19.22g (29.57%), Saturated Fat: 9.1g (56.85%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 39.56g (14.38%), Sugar: 3.5g (3.89%), Cholesterol: 139.97mg (46.66%), Sodium: 1090.9mg (47.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45g (89.99%), Vitamin B3: 21.48mg (107.38%), Selenium: 70.03µg (100.05%), Vitamin B6: 1.43mg (71.64%), Phosphorus: 473.69mg (47.37%), Vitamin B1: 0.7mg (46.34%), Manganese: 0.69mg (34.56%), Vitamin B5: 2.84mg (28.4%), Vitamin K: 29.01µg (27.63%), Vitamin B2: 0.43mg (25.23%), Potassium: 789.41mg (22.55%), Iron: 3.66mg (20.34%), Folate: 78.76µg (19.69%), Magnesium: 73.23mg (18.31%), Calcium: 129.25mg (12.93%), Zinc: 1.91mg (12.73%), Fiber: 3.03g (12.14%), Vitamin A: 521.78IU (10.44%), Copper: 0.21mg (10.29%), Vitamin B12: 0.57µg (9.57%), Vitamin C: 5.07mg (6.14%), Vitamin E: 0.81mg (5.41%), Vitamin D: 0.17µg (1.13%)