



Easy Italian Chicken II



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



125 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



16 ounce salad dressing italian-style



6 chicken breast halves boneless skinless

Equipment



oven



baking pan

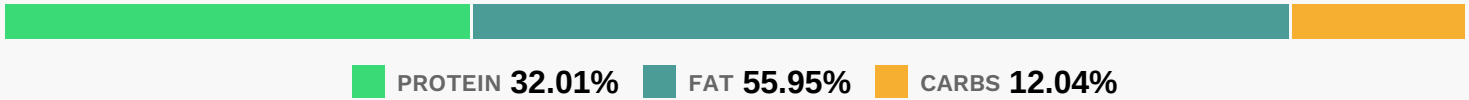


ziploc bags

Directions

- ☐ Pour salad dressing into a large, resealable plastic bag.
- ☐ Add chicken breasts, seal bag and shake to coat.
- ☐ Place in refrigerator for at least 1 hour or overnight (the longer you marinate, the more taste the chicken will absorb).
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove chicken from bag, discarding remaining marinade.
- ☐ Place chicken in a lightly greased 9x13 inch baking dish and bake at 350 degrees F (175 degrees C) for 1 hour, or until chicken is cooked through and juices run clear. Note: Turn chicken occasionally while baking.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:13.44739128714%

Nutrients (% of daily need)

Calories: 310.26kcal (15.51%), Fat: 18.88g (29.04%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 9.15g (3.33%), Sugar: 8.16g (9.07%), Cholesterol: 72.32mg (24.11%), Sodium: 881.78mg (38.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.6%), Vitamin B3: 11.88mg (59.42%), Selenium: 37.67µg (53.82%), Vitamin B6: 0.89mg (44.74%), Vitamin K: 42.56µg (40.53%), Phosphorus: 248.64mg (24.86%), Vitamin B5: 1.61mg (16.1%), Potassium: 481.6mg (13.76%), Vitamin E: 1.87mg (12.47%), Magnesium: 33.16mg (8.29%), Vitamin B2: 0.11mg (6.65%), Vitamin B1: 0.09mg (5.83%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.23µg (3.77%), Iron: 0.61mg (3.41%), Copper: 0.04mg (2.24%), Manganese: 0.04mg (2.02%), Vitamin C: 1.66mg (2.01%), Calcium: 15.48mg (1.55%), Vitamin A: 61.12IU (1.22%), Folate: 4.52µg (1.13%)