



Fake-and-Bake "Fried" Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



774 kcal

Ingredients

☐ 3.5 pound meat from a rotisserie chicken skinless

☐ 2 cups potato flakes instant

☐ 1 cup ranch dressing

Equipment

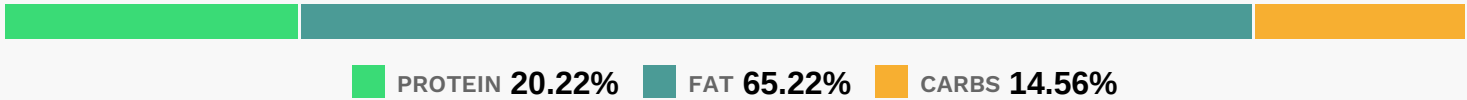
☐ baking sheet

☐ oven

Directions

Heat oven to 450 F. Coat a baking sheet with vegetable cooking spray. Lightly brush the chicken pieces with the dressing, then roll in the potato flakes. Arrange on the baking sheet and place in oven. Turn down oven to 350 F and bake 25 minutes or until the juices run clear when the chicken is pierced with a fork.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:23.223477985548%

Nutrients (% of daily need)

Calories: 773.79kcal (38.69%), Fat: 55.51g (85.41%), Saturated Fat: 12.44g (77.74%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 25.91g (9.42%), Sugar: 3.82g (4.25%), Cholesterol: 158.48mg (52.83%), Sodium: 705.16mg (30.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Vitamin K: 85.87µg (81.78%), Vitamin B3: 14.87mg (74.34%), Selenium: 33.55µg (47.93%), Vitamin B6: 0.91mg (45.46%), Phosphorus: 438.45mg (43.84%), Vitamin C: 27.35mg (33.15%), Vitamin B5: 2.84mg (28.36%), Vitamin B1: 0.42mg (27.98%), Potassium: 727.86mg (20.8%), Zinc: 2.81mg (18.72%), Vitamin B2: 0.31mg (18.46%), Magnesium: 60.9mg (15.23%), Vitamin E: 1.91mg (12.75%), Iron: 2.26mg (12.54%), Vitamin B12: 0.69µg (11.54%), Fiber: 1.98g (7.92%), Copper: 0.15mg (7.56%), Folate: 27.63µg (6.91%), Vitamin A: 292.81IU (5.86%), Manganese: 0.11mg (5.48%), Calcium: 45.86mg (4.59%), Vitamin D: 0.44µg (2.94%)