



Golden-Crusted Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon dijon mustard
- 0.3 cup mayonnaise
- 1 pinch pepper
- 1 pinch salt
- 4 chicken breasts boneless skinless

Equipment

- bowl
- baking sheet

- paper towels
- oven
- aluminum foil
- broiler

Directions

- Set broiler on high. Adjust oven rack 6 inches from heat. Pat the chicken breasts dry with paper towels. Pound them to an even thinness.
- Place on a foil-lined baking sheet. In a small bowl, combine the mayonnaise, Dijon mustard mustard, salt and pepper.
- Spread over the chicken. Broil until bubbling, 3 to 4 minutes. Adjust rack to middle position and broil until cooked through, 5 to 7 minutes.

Nutrition Facts

PROTEIN 44.34% **FAT 55.43%** **CARBS 0.23%**

Properties

Glycemic Index:28.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:11.816956621149%

Nutrients (% of daily need)

Calories: 224.46kcal (11.22%), Fat: 13.42g (20.65%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.1g (0.03%), Sugar: 0.09g (0.1%), Cholesterol: 78.2mg (26.07%), Sodium: 236.55mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.31%), Vitamin B3: 11.79mg (58.95%), Selenium: 36.7µg (52.42%), Vitamin B6: 0.85mg (42.4%), Phosphorus: 240.95mg (24.1%), Vitamin K: 23.1µg (22%), Vitamin B5: 1.64mg (16.37%), Potassium: 422.17mg (12.06%), Magnesium: 29.86mg (7.47%), Vitamin B2: 0.12mg (6.83%), Vitamin B1: 0.07mg (5%), Zinc: 0.68mg (4.54%), Vitamin E: 0.68mg (4.51%), Vitamin B12: 0.24µg (4.05%), Iron: 0.46mg (2.56%), Copper: 0.03mg (1.7%), Vitamin C: 1.36mg (1.65%), Folate: 5.27µg (1.32%), Manganese: 0.02mg (1.19%)