



Golden Roasted Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil with olive oil & sea salt flakes®
- ☐ 1 tablespoon thyme leaves fresh (from 4 to 6 sprigs)
- ☐ 1 serving pepper freshly ground to taste
- ☐ 4 chicken breast bone-in

Equipment

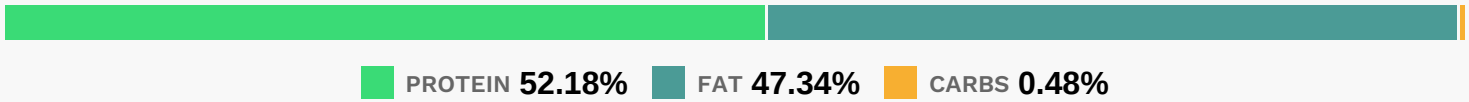
- ☐ bowl
- ☐ oven
- ☐ roasting pan

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 450°F. In small microwavable bowl, microwave butter until melted. Stir in thyme and pepper; cool.
- ☐ Place chicken, breast side up, in roasting pan.
- ☐ Brush melted butter mixture over chicken.
- ☐ Sprinkle any thyme remaining in bowl over chicken.
- ☐ Roast uncovered 45 to 55 minutes or until juice of chicken is clear when thickest part is cut to bone (at least 165°F). Cover loosely with foil; let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:21.683043267416%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg

Nutrients (% of daily need)

Calories: 378.81kcal (18.94%), Fat: 19.38g (29.82%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0g (0%), Cholesterol: 144.64mg (48.21%), Sodium: 262.59mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.08g (96.16%), Vitamin B3: 23.6mg (118.02%), Selenium: 72.32µg (103.32%), Vitamin B6: 1.7mg (84.95%), Phosphorus: 476.49mg (47.65%), Vitamin B5: 3.23mg (32.28%), Potassium: 847.32mg (24.21%), Vitamin E: 2.37mg (15.82%), Magnesium: 61.6mg (15.4%), Vitamin B2: 0.23mg (13.78%), Vitamin B1: 0.15mg (9.7%), Zinc: 1.34mg (8.95%), Vitamin K: 8.62µg (8.21%), Vitamin B12: 0.45µg (7.53%), Iron: 1.22mg (6.78%), Vitamin C: 5.51mg (6.68%), Copper: 0.07mg (3.55%), Manganese: 0.07mg (3.36%), Vitamin A: 151.08IU (3.02%), Folate: 9.83µg (2.46%), Calcium: 18.63mg (1.86%), Vitamin D: 0.23µg (1.51%), Fiber: 0.25g (1.01%)