



## Harvest Chicken & Vegetable Bake

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots chopped ( 2 medium)
- 1 cup celery chopped ( 4 medium stalks)
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup onions chopped ( 1 large)
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless
- 0.3 lb sweet potatoes coarsely chopped
- 1 pkt. shake 'n bake extra seasoned coating mix crispy

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## Equipment

oven

baking pan

## Directions

Preheat oven to 400F. Toss vegetables with dressing; spoon into half of 13x9-inch baking dish.

Bake 30 min., stirring after 15 min. Coat chicken with coating mix as directed on package. Arrange chicken in single layer next to vegetables.

Bake 20 min.

Sprinkle with cheese; bake an additional 5 min. or until chicken is cooked through (170F) and vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:40.96, Glycemic Load:4.77, Inflammation Score:-10, Nutrition Score:20.832608593547%

## Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

## Nutrients (% of daily need)

Calories: 247.87kcal (12.39%), Fat: 7.96g (12.25%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 12.98g (4.72%), Sugar: 6.33g (7.03%), Cholesterol: 78.01mg (26%), Sodium: 446.24mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Vitamin A: 9575.41IU (191.51%), Vitamin B3: 12.45mg (62.26%), Selenium: 39.27µg (56.1%), Vitamin B6: 1.03mg (51.7%), Phosphorus: 322.15mg (32.21%), Potassium: 765.4mg (21.87%), Vitamin B5: 2.06mg (20.62%), Vitamin K: 20.85µg (19.86%), Magnesium: 50.11mg (12.53%), Vitamin B2: 0.2mg (11.53%), Fiber: 2.83g (11.32%), Manganese: 0.22mg (11.17%), Calcium: 101.19mg (10.12%),

Vitamin B1: 0.14mg (9.61%), Vitamin C: 7.73mg (9.37%), Zinc: 1.2mg (8.01%), Folate: 30.8µg (7.7%), Vitamin E: 0.93mg (6.2%), Copper: 0.12mg (5.88%), Vitamin B12: 0.31µg (5.19%), Iron: 0.89mg (4.94%)