



Herb-Oat Crusted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup egg substitute
- ☐ 1 cup regular oats
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned
- ☐ 2 tablespoons stick margarine melted

☐ 0.3 teaspoon summer savory dried

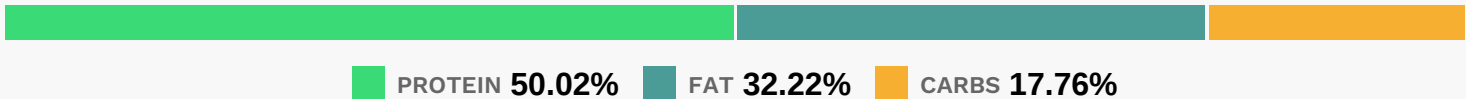
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Arrange oats in a single layer on a jelly-roll pan; bake at 400 for 5 minutes or until golden.
- ☐ Combine oats, salt, and next 4 ingredients (salt through pepper) in a food processor; process until oats are finely chopped.
- ☐ Place oat mixture in a shallow dish; place egg substitute in a medium bowl. Dip chicken in egg substitute, and dredge in oat mixture.
- ☐ Place chicken on a baking sheet coated with cooking spray, and drizzle butter over chicken.
- ☐ Bake at 400 for 20 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:3.12, Inflammation Score:-4, Nutrition Score:15.098260755124%

Nutrients (% of daily need)

Calories: 223.23kcal (11.16%), Fat: 7.8g (12.01%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.19g (2.98%), Sugar: 0.4g (0.45%), Cholesterol: 72.57mg (24.19%), Sodium: 399.25mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.53%), Selenium: 45.72µg (65.31%), Vitamin B3: 12.01mg (60.05%), Vitamin B6: 0.89mg (44.27%), Phosphorus: 304.78mg (30.48%), Manganese: 0.54mg (26.77%), Vitamin B5: 1.99mg (19.94%), Potassium: 502.65mg (14.36%), Magnesium: 51.31mg (12.83%), Vitamin B2: 0.19mg (11.06%), Vitamin B1: 0.15mg (10.16%), Zinc: 1.29mg (8.62%), Iron: 1.4mg (7.77%), Fiber: 1.5g (5.99%), Vitamin A:

253.15IU (5.06%), Vitamin B12: 0.28µg (4.62%), Copper: 0.09mg (4.48%), Vitamin E: 0.64mg (4.28%), Calcium: 29.63mg (2.96%), Folate: 11.18µg (2.8%), Vitamin D: 0.33µg (2.18%), Vitamin C: 1.56mg (1.89%), Vitamin K: 1.45µg (1.38%)