



Italian Marinated Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce salad dressing italian-style
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.3 cup vegetable oil

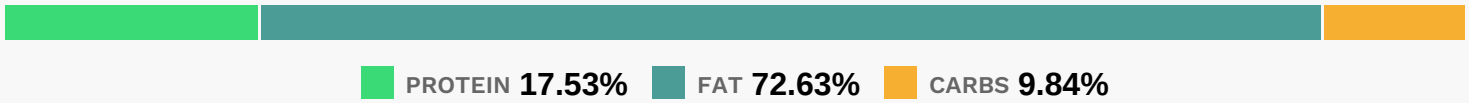
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place chicken in a nonporous glass dish or bowl. Poke several holes in breasts with a fork; season with salt and pepper to taste and cover with salad dressing. Toss to coat, cover dish and refrigerate to marinate for 2 hours.
- ☐ Heat oil in a medium skillet over medium heat.
- ☐ Remove chicken from marinade (discarding of any remaining marinade) and saute in skillet for 4 to 5 minutes on each side, or until cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.7117392654%

Nutrients (% of daily need)

Calories: 561.57kcal (28.08%), Fat: 45.02g (69.26%), Saturated Fat: 6.76g (42.23%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 13.72g (4.99%), Sugar: 12.25g (13.61%), Cholesterol: 72.32mg (24.11%), Sodium: 1450.91mg (63.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin K: 97.14µg (92.51%), Vitamin B3: 11.93mg (59.67%), Selenium: 38.43µg (54.9%), Vitamin B6: 0.92mg (45.95%), Vitamin E: 4.18mg (27.89%), Phosphorus: 254.31mg (25.43%), Vitamin B5: 1.61mg (16.1%), Potassium: 513.39mg (14.67%), Magnesium: 35.05mg (8.76%), Vitamin B2: 0.11mg (6.65%), Vitamin B1: 0.09mg (6.33%), Zinc: 0.74mg (4.9%), Iron: 0.72mg (3.99%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.05mg (2.63%), Copper: 0.05mg (2.61%), Vitamin C: 1.81mg (2.19%), Calcium: 20.51mg (2.05%), Vitamin A: 74.72IU (1.49%), Folate: 4.52µg (1.13%)