



Lia Marie's Garlic Baked Chicken



Dairy Free



Popular

READY IN



60 min.

SERVINGS



10

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs italian
- ☐ 10 servings garlic
- ☐ 1 cup panko bread crumbs
- ☐ 0.5 tsp lawry's seasoned salt
- ☐ 4 chicken breast boneless skinless

Equipment

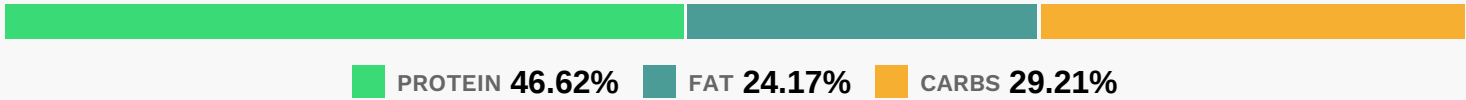
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Pre heat oven to 375°Line baking sheet with tin foil and give it a good coat of no-stick spray.
- ☐ Mix bread crumbs and salt in shallow bowl or plate, and set aside.
- ☐ Cut chicken breasts into tenderloin strips (I got 2–3 tenderloins out of each breast), pat dry.
- ☐ Spread Lia Marie's Garlic
- ☐ Spread on both sides of chicken.Coat chicken by pressing each side into bread crumbs, and place on foil lined sheet
- ☐ Spray top of chicken with no-stick spray (this helps it to brown)
- ☐ Bake in 375° oven for 30 minutes, then turn oven to broil and continue baking for 5–8 minutes or until coating is a light brown.Enjoy!

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:5.7365217040414%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 95.32kcal (4.77%), Fat: 2.49g (3.83%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.34g (2.31%), Sugar: 1.27g (1.41%), Cholesterol: 28.93mg (9.64%), Sodium: 223.52mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.63%), Vitamin B3: 5.26mg (26.3%), Selenium: 16.4µg (23.43%), Vitamin B6: 0.38mg (19.15%), Phosphorus: 110.45mg (11.04%), Vitamin B5: 0.7mg (6.95%), Vitamin B1: 0.1mg (6.46%), Potassium: 197.13mg (5.63%), Manganese: 0.11mg (5.62%), Vitamin B2: 0.08mg (4.42%), Magnesium: 15.56mg (3.89%), Iron: 0.57mg (3.15%), Zinc: 0.39mg (2.6%), Folate: 10.08µg (2.52%), Calcium: 18.74mg (1.87%), Vitamin B12: 0.11µg (1.86%), Copper: 0.04mg (1.83%), Vitamin C: 1.48mg (1.79%), Fiber: 0.43g (1.72%)