

Low-Cal Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons garlic crushed
- ☐ 1.5 tablespoons onion minced
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 6 chicken breast halves boneless skinless
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons artificial sweetener

Equipment

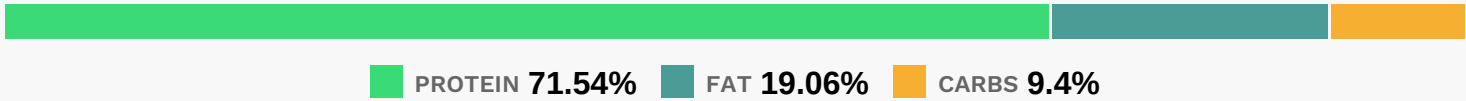
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place chicken in a 9x13 inch baking dish; sprinkle with onion, garlic, seasoning, soy sauce and sweetener.
- ☐ Place foil over pan and bake for one hour at 425 degrees F (220 degrees C). It's ready to serve!

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:11.959130359733%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 141.13kcal (7.06%), Fat: 2.99g (4.6%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.65g (0.72%), Cholesterol: 72.32mg (24.11%), Sodium: 671.75mg (29.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin B3: 12.2mg (61.02%), Selenium: 36.66µg (52.38%), Vitamin B6: 0.91mg (45.42%), Phosphorus: 255.53mg (25.55%), Vitamin B5: 1.67mg (16.66%), Potassium: 456.36mg (13.04%), Magnesium: 35.28mg (8.82%), Vitamin B2: 0.13mg (7.78%), Manganese: 0.15mg (7.36%), Vitamin B1: 0.09mg (5.72%), Zinc: 0.75mg (4.99%), Iron: 0.88mg (4.86%), Vitamin K: 4.31µg (4.1%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 2.43mg (2.95%), Copper: 0.06mg (2.84%), Folate: 7.51µg (1.88%), Calcium: 17.97mg (1.8%), Vitamin E: 0.22mg (1.49%)