



Make-Ahead Shredded Chicken Breast



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb skin-on chicken breasts bone-in (6 to 8)
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon lemon pepper
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon vegetable oil

Equipment

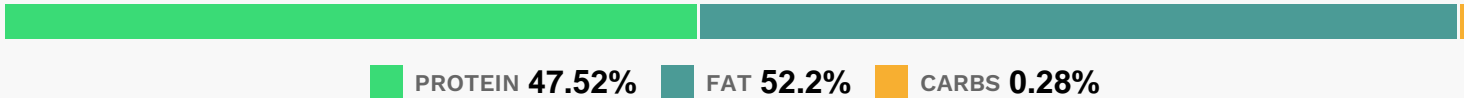
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. Line 15x10x1-inch pan with foil; spray with cooking spray. Trim excess fat from chicken breasts. Loosen skin without removing from breasts. In bowl mix garlic salt, lemon pepper and basil; sprinkle or rub onto breast meat.
- ☐ Replace skin over breasts; brush with oil.
- ☐ Place in foil-lined pan.
- ☐ Bake uncovered 45–55 minutes or until juice of chicken is clear when thickest part is cut to bone (at least 165°).
- ☐ Remove from oven and cool 15 minutes.
- ☐ Remove skin from the chicken, then separate the meat from the bones.
- ☐ Shred chicken with 2 forks and cool completely.
- ☐ Divide chicken by 1-, 2- or 3-cup quantities into freeze-safe resealable bags or containers. Label and freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:9.4469566410003%

Nutrients (% of daily need)

Calories: 218.68kcal (10.93%), Fat: 12.33g (18.97%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0g (0%), Cholesterol: 77.41mg (25.8%), Sodium: 270.09mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.51%), Vitamin B3: 11.99mg (59.95%), Vitamin B6: 0.64mg (32.13%), Selenium: 20.09µg (28.7%), Phosphorus: 210.96mg (21.1%), Vitamin B5: 0.98mg (9.76%), Magnesium: 31.12mg (7.78%), Potassium: 270.55mg (7.73%), Vitamin B12: 0.41µg (6.85%), Zinc: 0.98mg (6.51%), Vitamin B2: 0.1mg (6.12%), Iron: 0.99mg (5.49%), Vitamin B1: 0.08mg (5.1%), Vitamin K: 3.79µg (3.61%), Vitamin D: 0.48µg (3.23%), Vitamin E: 0.43mg (2.87%), Manganese: 0.05mg (2.58%), Copper: 0.05mg (2.56%), Vitamin A: 101.93IU (2.04%), Calcium: 16.03mg (1.6%), Folate: 5.13µg (1.28%)