

Mayo Chicken

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 1 meat from a rotisserie chicken whole cut into 6 pieces

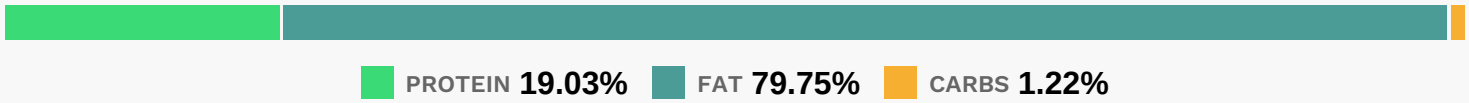
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir mayonnaise, garlic, rosemary, salt, and black pepper together in a bowl.
- ☐ Place chicken pieces into a 9x13-inch baking dish, spread mayonnaise mixture over chicken, and top with Parmesan cheese.
- ☐ Bake until the juices run clear, chicken is no longer pink in the middle, and an instant-read meat thermometer inserted into the thickest chicken piece reads at least 160 degrees F (70 degrees C), about 1 hour and 10 minutes.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:13.0426086602%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 564.09kcal (28.2%), Fat: 49.41g (76.01%), Saturated Fat: 11.14g (69.65%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.23g (0.25%), Cholesterol: 118.15mg (39.38%), Sodium: 859.63mg (37.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.05%), Vitamin K: 63.08µg (60.08%), Vitamin B3: 8.65mg (43.26%), Selenium: 22.21µg (31.72%), Phosphorus: 249.21mg (24.92%), Vitamin B6: 0.47mg (23.4%), Zinc: 2.1mg (13.98%), Vitamin B5: 1.26mg (12.57%), Vitamin B2: 0.19mg (11.18%), Vitamin E: 1.65mg (11%), Calcium: 94.17mg (9.42%), Vitamin B12: 0.55µg (9.18%), Potassium: 270.4mg (7.73%), Magnesium: 29.42mg (7.35%), Iron: 1.31mg (7.28%), Vitamin A: 284.48IU (5.69%), Vitamin B1: 0.08mg (5.63%), Copper: 0.08mg (3.85%), Manganese: 0.07mg (3.37%), Vitamin C: 2.42mg (2.93%), Folate: 10.39µg (2.6%), Vitamin D: 0.37µg (2.47%)