



Mondi's Super Simple Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 4 chicken breast halves bone-in with skin
- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon garlic salt

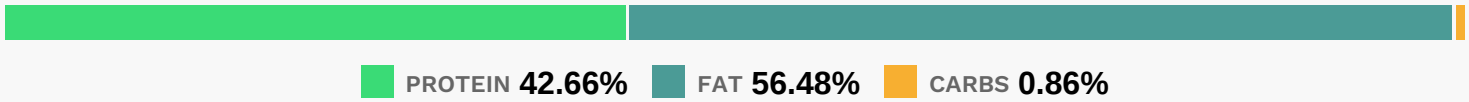
Equipment

- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts in a lightly greased 9x13 inch baking dish or roasting pan. Dot each breast with 1 tablespoon of butter or margarine, then season each breast with dried basil and garlic salt to taste.
- ☐ Bake at 350 degrees F (175 degrees C) for approximately 1 to 1 1/4 hours.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:12.735652203145%

Nutrients (% of daily need)

Calories: 231.53kcal (11.58%), Fat: 14.32g (22.03%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.03g (0.03%), Cholesterol: 102.42mg (34.14%), Sodium: 803.23mg (34.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B3: 11.84mg (59.2%), Selenium: 36.33µg (51.9%), Vitamin B6: 0.86mg (43.01%), Phosphorus: 243.4mg (24.34%), Vitamin K: 18.35µg (17.48%), Vitamin B5: 1.63mg (16.34%), Potassium: 447.88mg (12.8%), Magnesium: 36.78mg (9.2%), Vitamin A: 391.2IU (7.82%), Vitamin B2: 0.13mg (7.63%), Iron: 1.32mg (7.35%), Manganese: 0.12mg (5.82%), Zinc: 0.74mg (4.94%), Vitamin B1: 0.07mg (4.92%), Vitamin E: 0.65mg (4.31%), Vitamin B12: 0.25µg (4.16%), Calcium: 31.77mg (3.18%), Copper: 0.05mg (2.6%), Folate: 8.04µg (2.01%), Vitamin C: 1.36mg (1.65%), Fiber: 0.38g (1.51%)