



 11%
HEALTH SCORE

Onion Baked Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce onion soup mix dry
- 0.5 cup mayonnaise
- 1 cup panko bread crumbs
- 4 chicken breast halves boneless skinless

Equipment

- baking sheet
- oven
- mixing bowl

kitchen thermometer

aluminum foil

Directions

Preheat an oven to 425 degrees F (220 degrees C).

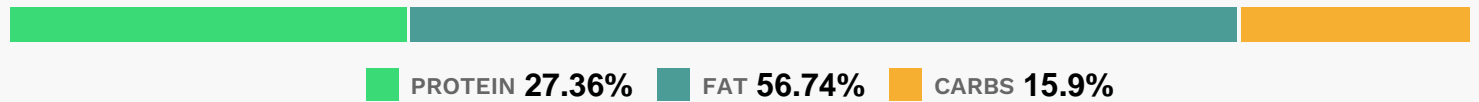
Combine the soup mix and panko in a mixing bowl; set aside. Line a baking sheet with foil.

Coat the chicken breasts all over with mayonnaise, then press into the panko mixture.

Place the breasts on the baking sheet.

Cook the chicken breasts until no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:16.177391440972%

Nutrients (% of daily need)

Calories: 399.24kcal (19.96%), Fat: 24.69g (37.98%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.43g (5.25%), Sugar: 1.42g (1.58%), Cholesterol: 84.08mg (28.03%), Sodium: 987.87mg (42.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Vitamin B3: 12.89mg (64.43%), Selenium: 40.94µg (58.48%), Vitamin B6: 0.91mg (45.4%), Vitamin K: 46.96µg (44.72%), Phosphorus: 282.88mg (28.29%), Vitamin B5: 1.8mg (18.02%), Vitamin B1: 0.24mg (16%), Potassium: 504.2mg (14.41%), Vitamin B2: 0.2mg (11.66%), Manganese: 0.2mg (10.19%), Magnesium: 40.36mg (10.09%), Vitamin E: 1.15mg (7.7%), Iron: 1.29mg (7.17%), Zinc: 0.99mg (6.63%), Folate: 21.97µg (5.49%), Vitamin B12: 0.31µg (5.2%), Copper: 0.1mg (4.95%), Fiber: 1.14g (4.57%), Calcium: 45.47mg (4.55%), Vitamin C: 1.6mg (1.94%), Vitamin D: 0.17µg (1.13%), Vitamin A: 53.16IU (1.06%)