



## Oven-Baked

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**196 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons dijon mustard
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 1 teaspoon ground mustard
- 0.7 cup oats instant
- 1 teaspoon onion powder
- 1 teaspoon oregano dried

- 1 teaspoon paprika
- 0.5 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 2 cups microwaved until green frozen hot steamed
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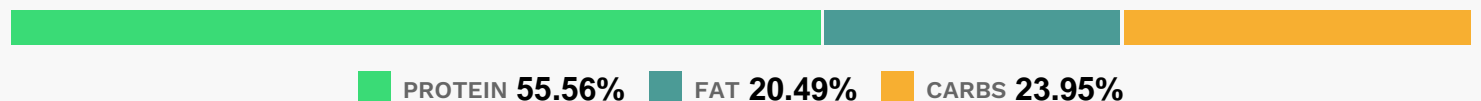
## Equipment

- baking sheet
- oven
- ziploc bags
- tongs

## Directions

- Preheat oven to 400 degrees F.
- Coat a large baking sheet with cooking spray.
- In a resealable plastic bag or shallow dish, combine oats, garlic powder, onion powder, mustard powder, paprika, oregano, thyme, salt, and pepper.
- Mix well and set aside.
- Brush each chicken breast with Dijon mustard.
- Add chicken to oat mixture with tongs and turn to coat both sides.
- Transfer chicken to prepared baking sheet and spray with cooking spray.
- Bake 30 minutes, until golden brown and cooked through.
- Serve with peas.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:3.21, Inflammation Score:-7, Nutrition Score:15.741738868796%

## Nutrients (% of daily need)

Calories: 195.5kcal (9.78%), Fat: 4.37g (6.72%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.09g (3.31%), Sugar: 0.4g (0.45%), Cholesterol: 72.57mg (24.19%), Sodium: 507mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.27%), Selenium: 44.11µg (63.01%), Vitamin B3: 12.13mg (60.67%), Vitamin B6: 0.9mg (45.17%), Manganese: 0.64mg (32.01%), Phosphorus: 313.45mg (31.35%), Vitamin B5: 1.82mg (18.24%), Potassium: 519.4mg (14.84%), Magnesium: 57.67mg (14.42%), Vitamin B1: 0.16mg (10.8%), Fiber: 2.39g (9.55%), Iron: 1.69mg (9.4%), Vitamin B2: 0.15mg (8.93%), Zinc: 1.32mg (8.78%), Vitamin K: 6.72µg (6.4%), Vitamin A: 300.39IU (6.01%), Copper: 0.11mg (5.53%), Vitamin E: 0.58mg (3.86%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.04mg (3.4%), Folate: 12.68µg (3.17%), Vitamin C: 1.63mg (1.98%)