



## Oven-Baked Buttermilk Chicken Meal

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup buttermilk
- 16 oz coleslaw blend (cabbage slaw mix)
- 0.5 tsp ground pepper red (cayenne)
- 0.8 cup 3/4 cup kraft lite zesty italian dressing italian kraft
- 1 tsp poultry seasoning
- 2 lb chicken breasts boneless skinless
- 4 cups sweet potatoes hot mashed
- 1 pkt. shake 'n bake chicken coating mix

## Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400F. Empty coleslaw blend into medium bowl.
- Add dressing; toss to coat. Cover. Refrigerate until ready to serve.
- Place coating mix, poultry seasoning and pepper in shaker bag. Close bag; shake gently to mix.
- Moisten chicken with buttermilk, turning to evenly coat both sides of each chicken breast. Gently shake off excess buttermilk.
- Add 1 or 2 pieces of chicken to shaker bag; shake until evenly coated.
- Place in single layer in foil-lined 15x10x1-inch baking pan. Discard bag and any remaining coating mix.
- Bake 20 min. or until chicken is cooked through (170F).
- Serve with the coleslaw and sweet potatoes.

## Nutrition Facts



**PROTEIN 38.35%** **FAT 44.06%** **CARBS 17.59%**

## Properties

Glycemic Index:5.5, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:9.1017390696899%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 124.93kcal (6.25%), Fat: 6.01g (9.25%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.06g (2.29%), Cholesterol: 38.84mg (12.95%), Sodium: 127.89mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.55%), Vitamin A: 2597.78IU (51.96%), Vitamin B3: 5.03mg (25.15%), Selenium: 13.76µg (19.65%), Vitamin B6: 0.38mg (18.89%), Vitamin K: 15.98µg (15.22%), Phosphorus: 117.55mg (11.75%), Vitamin B5: 0.85mg (8.51%), Vitamin C: 6.78mg (8.22%), Potassium: 256.62mg (7.33%), Magnesium: 20.04mg (5.01%), Vitamin B2: 0.08mg (4.99%), Manganese: 0.09mg (4.27%), Zinc: 0.61mg (4.07%), Vitamin B1: 0.06mg (4.06%), Fiber: 0.92g (3.7%), Iron: 0.56mg (3.09%), Folate: 11.49µg (2.87%), Vitamin B12: 0.16µg (2.63%), Copper: 0.05mg (2.63%), Vitamin E: 0.34mg (2.29%), Calcium: 21.58mg (2.16%)