



Oven-Baked Chicken

 Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



5

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 3 pound cut-up chicken whole
- 1.5 teaspoons paprika
- 0.3 teaspoon pepper
- 1.3 teaspoons salt
- 0.7 cup mix original bisquick®

Equipment

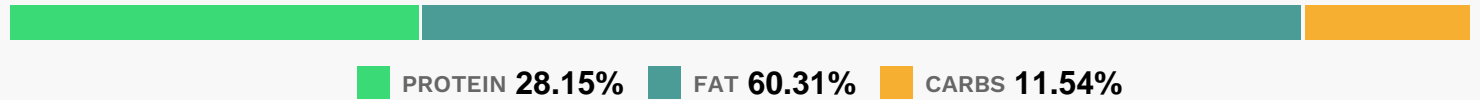
- oven

baking pan

Directions

- Heat oven to 425 degrees F. Melt butter in rectangular baking dish, 13x9x2 inches, in oven.
- Stir together Bisquick, paprika, salt and pepper; coat chicken.
- Place skin sides down in dish (dish and butter should be hot).
- Bake 35 minutes; turn chicken.
- Bake about 15 minutes longer or until juice is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:11.413043416065%

Nutrients (% of daily need)

Calories: 371.42kcal (18.57%), Fat: 24.47g (37.65%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.97g (3.63%), Sugar: 1.93g (2.14%), Cholesterol: 98.3mg (32.77%), Sodium: 903.81mg (39.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin B3: 9.67mg (48.37%), Phosphorus: 288.32mg (28.83%), Selenium: 20.06µg (28.65%), Vitamin B6: 0.48mg (24.14%), Vitamin B2: 0.24mg (13.84%), Vitamin B5: 1.35mg (13.49%), Zinc: 1.84mg (12.24%), Vitamin A: 579.76IU (11.6%), Vitamin B1: 0.17mg (11.52%), Iron: 1.76mg (9.78%), Potassium: 289.28mg (8.27%), Magnesium: 31.46mg (7.87%), Vitamin B12: 0.47µg (7.84%), Folate: 28.18µg (7.04%), Manganese: 0.1mg (5.15%), Copper: 0.09mg (4.67%), Calcium: 46.03mg (4.6%), Vitamin E: 0.68mg (4.5%), Vitamin K: 3.64µg (3.47%), Vitamin C: 2.15mg (2.61%), Fiber: 0.57g (2.28%), Vitamin D: 0.26µg (1.74%)