



Oven-Baked Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



5

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 3 pounds chicken whole
- 1.5 teaspoons paprika
- 0.3 teaspoon pepper
- 1.3 teaspoons salt
- 0.7 cup frangelico
- 0.7 cup frangelico

Equipment

- oven
- baking pan

Directions

- Heat oven to 425F. 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

PROTEIN 32.84% **FAT 66.6%** **CARBS 0.56%**

Properties

Glycemic Index:9.4, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:9.3595652347026%

Nutrients (% of daily need)

Calories: 302.94kcal (15.15%), Fat: 22.01g (33.86%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.06g (0.07%), Cholesterol: 97.98mg (32.66%), Sodium: 699.65mg (30.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Vitamin B3: 8.95mg (44.73%), Selenium: 18.86µg (26.94%), Vitamin B6: 0.47mg (23.53%), Phosphorus: 194.72mg (19.47%), Vitamin B5: 1.21mg (12.08%), Zinc: 1.74mg (11.6%), Vitamin A: 579.12IU (11.58%), Vitamin B2: 0.17mg (9.73%), Potassium: 263.2mg (7.52%), Iron: 1.32mg (7.32%), Magnesium: 27.46mg (6.87%), Vitamin B12: 0.41µg (6.8%), Vitamin B1: 0.08mg (5.38%), Vitamin E: 0.65mg (4.36%), Copper: 0.07mg (3.44%), Vitamin C: 2.1mg (2.55%), Vitamin K: 2.61µg (2.48%), Manganese: 0.05mg (2.43%), Folate: 8.18µg (2.04%), Vitamin D: 0.26µg (1.74%), Calcium: 17.39mg (1.74%)