



## Oven Baked Herb Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 1 tablespoon juice of lemon
- 1 ounce cheese and garlic salad dressing mix dry
- 0.3 teaspoon salt
- 6 chicken breasts boneless skinless

### Equipment

- bowl

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a lightly greased 9x13 inch baking dish. In a small bowl, combine the dry salad dressing mix, flour, salt, butter or margarine and lemon juice.
- Mix together, then brush mixture evenly over the top of the chicken breasts.
- Bake in the preheated oven for 60 minutes or until tender.

## Nutrition Facts

**PROTEIN 45.95%** **FAT 45.15%** **CARBS 8.9%**

## Properties

Glycemic Index:20.83, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:11.333913059338%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 219.42kcal (10.97%), Fat: 10.63g (16.35%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.08g (0.08%), Cholesterol: 92.66mg (30.89%), Sodium: 643.24mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.67%), Vitamin B3: 11.94mg (59.7%), Selenium: 37.1µg (53.01%), Vitamin B6: 0.85mg (42.45%), Phosphorus: 242.47mg (24.25%), Vitamin B5: 1.63mg (16.35%), Potassium: 425.64mg (12.16%), Vitamin B2: 0.13mg (7.58%), Magnesium: 30.27mg (7.57%), Vitamin B1: 0.09mg (6.2%), Vitamin A: 270.41IU (5.41%), Zinc: 0.68mg (4.55%), Vitamin B12: 0.24µg (4.03%), Iron: 0.54mg (2.99%), Vitamin E: 0.44mg (2.93%), Vitamin C: 2.32mg (2.82%), Folate: 9.88µg (2.47%), Manganese: 0.03mg (1.73%), Copper: 0.03mg (1.73%)