



Oven-Baked Herb-Crusted Chicken with Parsley Olive Oil Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup parsley leaves fresh
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 2 teaspoons ground mustard
- ☐ 1 tablespoon olive oil

- ☐ 2 teaspoons onion powder
- ☐ 2 teaspoons oregano dried
- ☐ 2 teaspoons salt
- ☐ 4 servings salt and pepper
- ☐ 5 ounce chicken breast halves boneless skinless

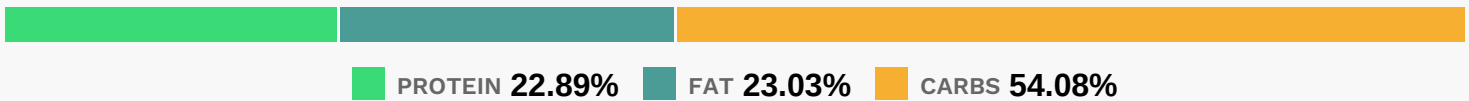
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In 2 large zip-top bags, divide half the flour, garlic powder, onion powder, mustard powder, oregano, thyme, salt, and black pepper between each bag.
- ☐ Place 6 chicken breasts in each bag. Seal bags and shake to coat.
- ☐ Remove chicken from bag, shaking off excess coating.
- ☐ Transfer chicken to baking sheet and spray with olive oil cooking spray.
- ☐ Bake 25 to 30 minutes, until chicken is golden brown and cooked through.
- ☐ Serve 4 chicken breast halves with Parsley Olive Oil Sauce for this meal and refrigerate remaining chicken until ready to use.
- ☐ In mini-food processor, place parsley leaves.
- ☐ Drizzle in olive oil and process to combine.
- ☐ Add more olive oil until desired sauce consistency is achieved. Season with salt and pepper, to taste. Spoon over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:17.45, Inflammation Score:-9, Nutrition Score:15.97434768923%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 206.53kcal (10.33%), Fat: 5.26g (8.1%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 25.58g (9.3%), Sugar: 0.37g (0.41%), Cholesterol: 22.68mg (7.56%), Sodium: 1404.92mg (61.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.55%), Vitamin K: 140.98µg (134.27%), Selenium: 24.62µg (35.17%), Vitamin B3: 5.78mg (28.89%), Manganese: 0.44mg (21.96%), Vitamin B1: 0.3mg (19.9%), Folate: 76.79µg (19.2%), Iron: 3.33mg (18.49%), Vitamin B6: 0.34mg (16.83%), Vitamin A: 681.49IU (13.63%), Phosphorus: 133.5mg (13.35%), Vitamin C: 11mg (13.33%), Vitamin B2: 0.21mg (12.4%), Fiber: 2.24g (8.95%), Magnesium: 30.51mg (7.63%), Potassium: 264.86mg (7.57%), Vitamin B5: 0.71mg (7.15%), Vitamin E: 0.94mg (6.23%), Calcium: 53mg (5.3%), Copper: 0.1mg (5.22%), Zinc: 0.72mg (4.79%), Vitamin B12: 0.07µg (1.18%)