



Oven-Fried Herb Chicken

 Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon rosemary leaves dried crushed
- ☐ 0.5 cup bread crumbs plain dry
- ☐ 0.8 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise dressing with olive oil best foods®
- ☐ 3.5 pounds chicken parts skinless

Equipment

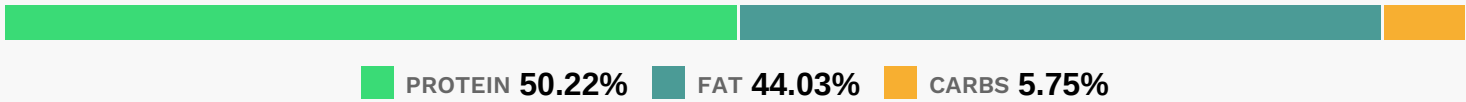
- ☐ baking sheet

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Combine bread crumbs, garlic salt, herbs and black pepper in shallow dish; set aside.
- ☐ Add chicken and Hellmann's or Best Foods Extra Virgin Olive Oil Mayonnaise to large plastic bag; shake to evenly coat.
- ☐ Remove chicken, then lightly dip in crumb mixture. Arrange chicken on cookie sheet.
- ☐ Bake 40 minutes or until chicken is thoroughly cooked. Also terrific with Hellmann's Real Mayonnaise.
- ☐ Cost per recipe*: \$
- ☐ Cost per serving*: \$.
- ☐ *Based on average retail prices at national supermarkets.
- ☐ See nutrition information for sodium content.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:13.916087098744%

Nutrients (% of daily need)

Calories: 286.55kcal (14.33%), Fat: 13.56g (20.86%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.73g (1.36%), Sugar: 0.4g (0.44%), Cholesterol: 115.83mg (38.61%), Sodium: 407.31mg (17.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.58%), Vitamin B3: 13.44mg (67.19%), Selenium: 26.55µg (37.92%), Vitamin B6: 0.69mg (34.52%), Phosphorus: 285.99mg (28.6%), Vitamin K: 21.55µg (20.53%), Vitamin B5: 1.73mg (17.29%), Zinc: 2.54mg (16.94%), Vitamin B2: 0.25mg (14.67%), Vitamin B1: 0.17mg (11.29%), Potassium: 377.13mg (10.78%), Magnesium: 42.22mg (10.56%), Vitamin B12: 0.62µg (10.33%), Iron: 1.71mg (9.47%), Copper: 0.1mg (5.04%), Vitamin E: 0.71mg (4.7%), Vitamin C: 3.65mg (4.43%), Folate: 17.47µg (4.37%), Manganese: 0.09mg (4.37%), Calcium: 30.22mg (3.02%), Vitamin A: 90.26IU (1.81%), Vitamin D: 0.18µg (1.21%), Fiber: 0.26g (1.03%)