



Oven-Fried Potato Dipped Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9.4 oz roasted garlic mashed
- 0.8 cup yogurt plain low-fat
- 1.3 lb chicken breast boneless skinless
- 0.3 cup butter melted
- 1 serving potatoes for on potato mix pouch

Equipment

- frying pan
- oven

Directions

- Heat oven to 400°F. Spray 13x9-inch pan with cooking spray.
- In shallow dish, empty 1 pouch Potatoes.
- Place yogurt in another shallow dish. Coat chicken with yogurt; coat with dry potatoes.
- Place chicken in pan; drizzle with melted butter.
- Bake 25 to 35 minutes or until light golden brown and juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Meanwhile, make remaining pouch of potatoes as directed on pouch, using water, milk and butter.
- Serve chicken with mashed potatoes.

Nutrition Facts

PROTEIN 37.35% **FAT 36.98%** **CARBS 25.67%**

Properties

Glycemic Index:40.94, Glycemic Load:6.23, Inflammation Score:-6, Nutrition Score:25.171738891498%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 391.72kcal (19.59%), Fat: 16.22g (24.96%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 23.93g (8.7%), Sugar: 3.91g (4.35%), Cholesterol: 123.98mg (41.33%), Sodium: 299.15mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.74%), Vitamin B6: 1.91mg (95.57%), Selenium: 56.48µg (80.68%), Vitamin B3: 15.31mg (76.56%), Manganese: 1.14mg (56.87%), Phosphorus: 469.3mg (46.93%), Vitamin C: 22.9mg (27.76%), Vitamin B5: 2.7mg (27.05%), Potassium: 903.57mg (25.82%), Calcium: 215.17mg (21.52%), Vitamin B2: 0.32mg (18.72%), Vitamin B1: 0.25mg (16.34%), Magnesium: 61.66mg (15.42%), Zinc: 2.02mg (13.45%), Copper: 0.24mg (12.19%), Iron: 1.7mg (9.44%), Vitamin B12: 0.56µg (9.41%), Vitamin A: 426.5IU (8.53%), Fiber: 1.4g (5.62%), Vitamin E: 0.67mg (4.44%), Folate: 13.19µg (3.3%), Vitamin K: 2.51µg (2.39%)