



## Oven Fried Potato Dipped Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

- frying pan
- oven

## Directions

- Heat oven to 400F. 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 165F).
- Meanwhile, make remaining pouch of potatoes as directed on pouch, using water, milk and butter.
- Serve chicken with mashed potatoes.

## Nutrition Facts

**PROTEIN 37.31%** **FAT 36.93%** **CARBS 25.76%**

## Properties

Glycemic Index:40.94, Glycemic Load:6.33, Inflammation Score:-6, Nutrition Score:25.207826155683%

## 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: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 392.29kcal (19.61%), Fat: 16.22g (24.96%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 24.05g (8.74%), Sugar: 3.92g (4.35%), Cholesterol: 123.98mg (41.33%), Sodium: 299.19mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.77%), Vitamin B6: 1.91mg (95.68%), Selenium: 56.48µg (80.69%), Vitamin B3: 15.32mg (76.6%), Manganese: 1.14mg (56.93%), Phosphorus: 469.73mg (46.97%), Vitamin C: 23.05mg (27.94%), Vitamin B5: 2.71mg (27.07%), Potassium: 906.73mg (25.91%), Calcium: 215.26mg (21.53%), Vitamin B2: 0.32mg (18.73%), Vitamin B1: 0.25mg (16.38%), Magnesium: 61.83mg (15.46%), Zinc: 2.02mg (13.46%), Copper: 0.24mg (12.23%), Iron: 1.7mg (9.47%), Vitamin B12: 0.56µg (9.41%), Vitamin A: 426.51IU (8.53%), Fiber: 1.42g (5.68%), Vitamin E: 0.67mg (4.44%), Folate: 13.31µg (3.33%), Vitamin K: 2.52µg (2.4%)