



Paprika Chicken



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch garlic powder
- ☐ 6 servings ground pepper black to taste
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon poultry seasoning
- ☐ 6 chicken breasts boneless skinless

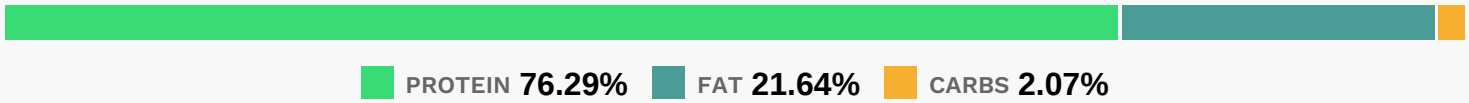
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Place chicken breasts side by side in baking dish.
- ☐ Sprinkle to taste with ground black pepper, garlic powder, poultry seasoning, and paprika.
- ☐ Bake in the preheated oven for 40 to 50 minutes, until chicken is no longer pink inside and the juices run clear. Check often and add a little water if the chicken starts to stick to the dish.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:11.492173806481%

Nutrients (% of daily need)

Calories: 132.03kcal (6.6%), Fat: 3.04g (4.68%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.08g (0.09%), Cholesterol: 72.32mg (24.11%), Sodium: 131.65mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.26%), Vitamin B3: 11.86mg (59.32%), Selenium: 36.23µg (51.76%), Vitamin B6: 0.87mg (43.28%), Phosphorus: 240.19mg (24.02%), Vitamin B5: 1.63mg (16.29%), Potassium: 437.11mg (12.49%), Magnesium: 31.5mg (7.87%), Vitamin A: 371.58IU (7.43%), Vitamin B2: 0.12mg (7.18%), Vitamin B1: 0.08mg (5.04%), Zinc: 0.7mg (4.64%), Iron: 0.69mg (3.82%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.61µg (3.44%), Manganese: 0.06mg (3.17%), Vitamin E: 0.41mg (2.76%), Copper: 0.04mg (1.97%), Vitamin C: 1.4mg (1.7%), Folate: 5.33µg (1.33%), Fiber: 0.3g (1.19%), Calcium: 10.95mg (1.1%)