



## Potato Chip Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



**60 min.**

SERVINGS



**4**

CALORIES



**423 kcal**

**SIDE DISH**

### Ingredients

- 2 tablespoons butter melted
- 2 pounds rotisserie chicken breast meat boneless skinless
- 1 teaspoon ground pepper black
- 1 cup potato chips crushed
- 1 teaspoon salt

### Equipment

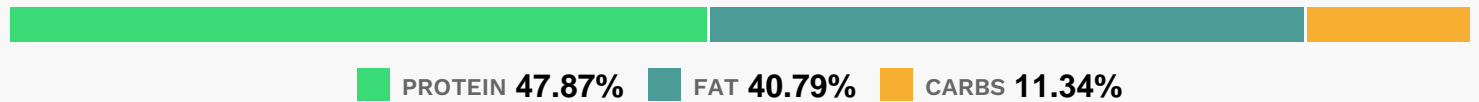
- bowl
- oven

baking pan

## Directions

- To Marinate: Put chicken breasts in a nonporous glass dish or bowl.
- Drizzle melted butter or margarine over chicken and season with salt and ground black pepper. Cover dish and refrigerate overnight.
- Preheat oven to 375 degrees F (190 degrees C).
- Put potato chip crumbs in a shallow dish or bowl.
- Roll chicken in crumbs until well coated, then place in a lightly greased 9x13 inch baking dish.
- Bake at 375 degrees F (190 degrees C) for 45 minutes or until chicken juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:24.020000240077%

## Nutrients (% of daily need)

Calories: 423.04kcal (21.15%), Fat: 18.79g (28.91%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 10.97g (3.99%), Sugar: 0.08g (0.09%), Cholesterol: 160.2mg (53.4%), Sodium: 1001.55mg (43.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.62g (99.24%), Vitamin B3: 24.67mg (123.37%), Selenium: 73.2µg (104.57%), Vitamin B6: 1.81mg (90.66%), Phosphorus: 511.25mg (51.13%), Vitamin B5: 4.17mg (41.7%), Potassium: 1102.59mg (31.5%), Vitamin E: 2.81mg (18.72%), Magnesium: 73.36mg (18.34%), Vitamin B2: 0.25mg (14.63%), Vitamin B1: 0.19mg (12.75%), Manganese: 0.24mg (12.02%), Zinc: 1.56mg (10.41%), Vitamin C: 7.31mg (8.86%), Vitamin B12: 0.47µg (7.76%), Iron: 1.17mg (6.48%), Vitamin K: 6.46µg (6.15%), Copper: 0.12mg (5.9%), Vitamin A: 245.7IU (4.91%), Folate: 15.53µg (3.88%), Fiber: 0.79g (3.14%), Calcium: 20.06mg (2.01%), Vitamin D: 0.23µg (1.51%)