






 **13%**
HEALTH SCORE

Potato Chip Chicken

 **Gluten Free**  **Dairy Free**

READY IN

15 min.

SERVINGS

4

CALORIES

291 kcal

SIDE DISH

Ingredients

- 1 cup potato chips crushed
- 1 tablespoon parsley fresh minced
- 0.5 teaspoon salt
- 0.5 teaspoon paprika
- 0.3 teaspoon onion powder
- 1 pound chicken breast halves boneless skinless
- 2 tablespoons mayonnaise

Equipment

- paper towels
- baking pan
- kitchen thermometer
- ziploc bags
- microwave

Directions

- In a large resealable plastic bag, combine the potato chips, parsley, salt, paprika and onion powder.
- Brush chicken with mayonnaise; add chicken to the crumb mixture and shake to coat.
- Place in an ungreased microwave-safe 11x7-in. baking dish. Cover with paper towels; cook on high for 6–8 minutes or until a thermometer reads 170°.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:15.864347903625%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 291.42kcal (14.57%), Fat: 15.44g (23.75%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.97g (3.99%), Sugar: 0.15g (0.17%), Cholesterol: 75.51mg (25.17%), Sodium: 579.49mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin B3: 12.88mg (64.39%), Selenium: 37.01µg (52.88%), Vitamin B6: 0.97mg (48.49%), Vitamin K: 32.94µg (31.37%), Phosphorus: 273.89mg (27.39%), Vitamin B5: 2.56mg (25.63%), Potassium: 688.5mg (19.67%), Vitamin E: 2.74mg (18.24%), Magnesium: 44.03mg (11.01%), Vitamin C: 7.31mg (8.86%), Manganese: 0.17mg (8.33%), Vitamin B2: 0.14mg (8.09%), Vitamin B1: 0.12mg (8.05%), Zinc: 0.93mg (6.18%), Vitamin A: 245.94IU (4.92%), Iron: 0.83mg (4.6%), Copper: 0.09mg (4.3%), Vitamin B12: 0.24µg (3.92%), Fiber: 0.8g (3.19%), Folate: 12.77µg (3.19%), Calcium: 13.3mg (1.33%)