



Potato-Crusted Herb Baked Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup pillsbury best® all purpose flour divided
- ☐ 0.5 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 0.8 cup parsley flakes
- ☐ 0.8 cup potatoes mashed hungry jack®
- ☐ 3 teaspoons lawry's seasoned salt divided
- ☐ 1 lb chicken breasts boneless skinless
- ☐ 3 tablespoons vegetable oil pure crisco®

☐ 2 tablespoons water

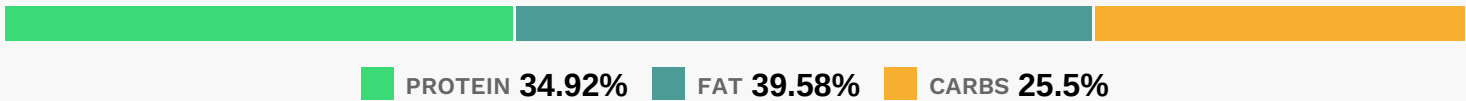
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ HEAT oven to 450F.
- ☐ Brush baking pan with vegetable oil. Pound chicken breasts to even 1/2-inch thickness.
- ☐ COMBINE 1/4 cup flour, 1 1/2 teaspoons seasoned salt and black pepper in a shallow dish.
- ☐ Combine egg and water in another shallow dish; beat with fork until frothy.
- ☐ Combine potato flakes, parsley flakes and remaining 1/4 cup flour and 1 1/2 teaspoons seasoned salt in another shallow dish; toss gently to evenly distribute seasonings.
- ☐ COAT chicken breasts with flour mixture; dip into egg mixture. Coat with potato flake mixture, patting until chicken is thoroughly coated; shake off excess breading.
- ☐ Place on prepared pan.
- ☐ Bake 10 minutes. Turn chicken over; continue baking 6 to 8 minutes or until instant-read thermometer reaches 165F.
- ☐ Heat 3 tablespoons oil in large nonstick skillet over medium heat.
- ☐ Place breaded chicken breasts in skillet. Cook 4 to 5 minutes per side until golden brown or until instant-read thermometer reaches 165F.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:13.69, Inflammation Score:-9, Nutrition Score:23.114782488864%

Flavonoids

Apigenin: 211.1mg, Apigenin: 211.1mg, Apigenin: 211.1mg, Apigenin: 211.1mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 15.53mg, Isorhamnetin: 15.53mg, Isorhamnetin: 15.53mg, Isorhamnetin: 15.53mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 338.83kcal (16.94%), Fat: 14.78g (22.74%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 18.82g (6.84%), Sugar: 0.74g (0.82%), Cholesterol: 119.07mg (39.69%), Sodium: 1917.69mg (83.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.67%), Vitamin K: 83.95µg (79.96%), Vitamin B3: 13.64mg (68.22%), Selenium: 46.22µg (66.03%), Vitamin B6: 1.04mg (51.83%), Manganese: 0.68mg (34.18%), Phosphorus: 323.04mg (32.3%), Vitamin B2: 0.37mg (21.91%), Potassium: 748.76mg (21.39%), Vitamin B5: 2.05mg (20.46%), Vitamin C: 14.98mg (18.15%), Vitamin B1: 0.24mg (16.08%), Magnesium: 62.77mg (15.69%), Iron: 2.74mg (15.25%), Folate: 53.78µg (13.45%), Vitamin E: 1.62mg (10.78%), Fiber: 2.6g (10.41%), Zinc: 1.31mg (8.7%), Calcium: 75.59mg (7.56%), Copper: 0.15mg (7.35%), Vitamin B12: 0.34µg (5.63%), Vitamin A: 194.57IU (3.89%), Vitamin D: 0.36µg (2.42%)