



Roasted Italian Herb Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried italian-style
- ☐ 2 cups salad dressing italian-style
- ☐ 4 chicken breasts boneless skinless

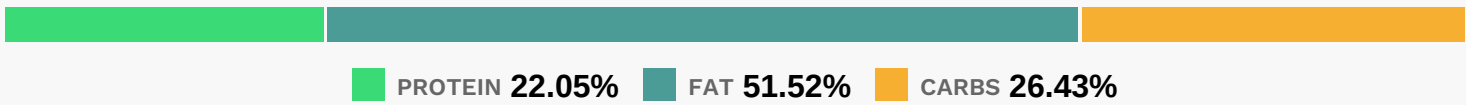
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts in a 9x13 inch baking dish.
- ☐ Pour salad dressing over chicken. Cover dish and refrigerate for 30 minutes to 1 hour.
- ☐ Roll each chicken piece in stuffing crumbs. Return to baking dish. Cover with aluminum foil and bake in the preheated oven for about 45 minutes or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.426087462384%

Nutrients (% of daily need)

Calories: 517.47kcal (25.87%), Fat: 29.15g (44.85%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 32.44g (11.8%), Sugar: 14.36g (15.96%), Cholesterol: 72.32mg (24.11%), Sodium: 1495.49mg (65.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.15%), Vitamin B3: 13.73mg (68.66%), Selenium: 45.31µg (64.73%), Vitamin K: 67.81µg (64.58%), Vitamin B6: 0.95mg (47.71%), Phosphorus: 299.48mg (29.95%), Vitamin B1: 0.36mg (23.79%), Vitamin E: 2.81mg (18.73%), Vitamin B5: 1.76mg (17.59%), Potassium: 569.72mg (16.28%), Manganese: 0.3mg (15.08%), Vitamin B2: 0.22mg (13.05%), Magnesium: 46.87mg (11.72%), Iron: 2.03mg (11.26%), Folate: 33.41µg (8.35%), Zinc: 1.13mg (7.53%), Calcium: 70.33mg (7.03%), Copper: 0.12mg (6.08%), Vitamin B12: 0.32µg (5.34%), Fiber: 1.22g (4.86%), Vitamin C: 1.83mg (2.21%), Vitamin A: 76.2IU (1.52%)