



## Savory Baked Chicken and Potato Dinner

READY IN



55 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.3 cup dijon mustard
- 0.8 cup baking mix
- 1.5 lb potatoes - remove skin red cut into fourths
- 1 medium bell pepper cut into 1/2-inch pieces
- 1 medium onion red cut into 16 wedges
- 1 serving pam original flavor shopping list
- 0.3 cup parmesan cheese grated
- 1 teaspoon paprika

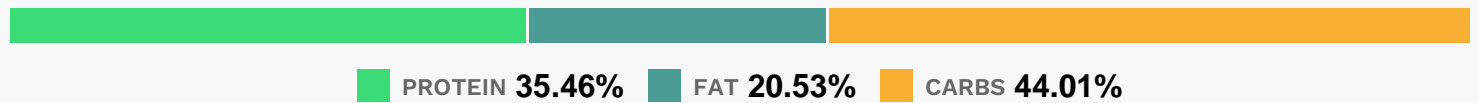
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 400°F. Spray 15x10x1-inch pan with cooking spray.
- Brush chicken with 2 tablespoons of the mustard, then coat with Bisquick mix.
- Place 1 chicken breast in each corner of pan.
- Place potatoes, bell pepper and onion in center of pan; brush vegetables with remaining 2 tablespoons mustard. Spray chicken and vegetables with cooking spray; sprinkle evenly with cheese and paprika.
- Bake uncovered 35 to 40 minutes, stirring vegetables after 20 minutes, until potatoes are tender and juice of chicken is clear when center of thickest part is cut (170°F).

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:30.338260603988%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

## Nutrients (% of daily need)

Calories: 433.11kcal (21.66%), Fat: 9.85g (15.16%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 42.23g (15.35%), Sugar: 7.51g (8.34%), Cholesterol: 96.61mg (32.2%), Sodium: 765.35mg (33.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.57%), Vitamin B3: 18.23mg (91.13%), Selenium: 55.57µg (79.39%), Vitamin B6: 1.51mg (75.7%), Vitamin C: 56.58mg (68.58%), Phosphorus: 606.77mg (60.68%), Potassium: 1484.25mg (42.41%), Vitamin B5: 2.9mg (29.01%), Vitamin B1: 0.42mg (27.96%), Vitamin A: 1298.74IU (25.97%), Manganese: 0.48mg (24.23%), Magnesium: 96.77mg (24.19%), Vitamin B2: 0.36mg (21.38%), Folate: 85.03µg (21.26%), Fiber: 5.3g (21.2%), Copper: 0.33mg (16.71%), Iron: 2.96mg (16.42%), Calcium: 138.98mg

(13.9%), Zinc: 2.03mg (13.54%), Vitamin K: 8.99µg (8.56%), Vitamin B12: 0.46µg (7.59%), Vitamin E: 1.02mg (6.82%),  
Vitamin D: 0.17µg (1.15%)