



Seasoned Oven-Roasted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chicken breast boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 teaspoons parsley
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 teaspoon highest available proof grain spirit
- ☐ 1 teaspoon basil dried

Equipment

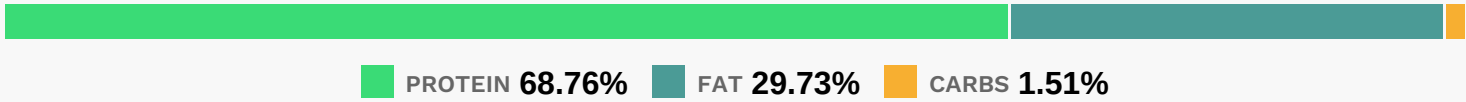
- ☐ oven

- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Brush both sides of chicken with oil.
- ☐ Sprinkle both sides with remaining ingredients.
- ☐ Place in baking dish.
- ☐ Bake 25 to 35 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F).

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:21.220434774523%

Flavonoids

Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg

Nutrients (% of daily need)

Calories: 293.69kcal (14.68%), Fat: 9.3g (14.31%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.04g (0.04%), Cholesterol: 145.15mg (48.38%), Sodium: 844.9mg (36.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.4g (96.8%), Vitamin B3: 23.75mg (118.77%), Selenium: 72.62µg (103.75%), Vitamin B6: 1.71mg (85.36%), Phosphorus: 482.46mg (48.25%), Vitamin B5: 3.25mg (32.48%), Potassium: 852.11mg (24.35%), Magnesium: 63.09mg (15.77%), Vitamin B2: 0.23mg (13.76%), Vitamin K: 11.53µg (10.98%), Vitamin B1: 0.15mg (9.79%), Zinc: 1.41mg (9.4%), Vitamin B12: 0.45µg (7.56%), Iron: 1.1mg (6.12%), Vitamin E: 0.75mg (4.99%), Manganese: 0.08mg (4%), Copper: 0.07mg (3.68%), Vitamin C: 2.77mg (3.36%), Folate: 11.09µg (2.77%), Calcium: 17.99mg (1.8%), Vitamin D: 0.23µg (1.51%), Vitamin A: 70.86IU (1.42%)