



WHATSheATE



Sun-dried Tomato Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb chicken pieces (3 breasts, 4 thighs, 3 legs)
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 cup sun-dried tomato vinaigrette with roasted red pepper dressing
- ☐ 6 servings toppings: sun-dried tomatoes fresh sliced chopped

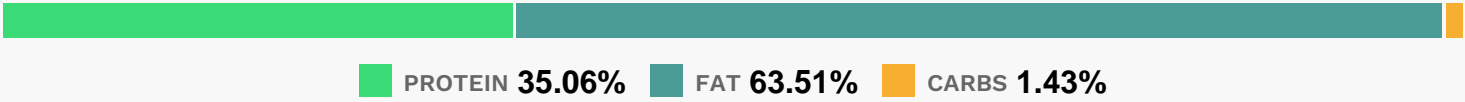
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange chicken pieces in a single layer in a lightly greased 13- x 9-inch baking dish.
- ☐ Pour dressing evenly over chicken pieces, and sprinkle with ground pepper.
- ☐ Bake, uncovered, at 400 for 1 hour or until done, basting every 15 minutes.
- ☐ Sprinkle baked chicken with desired toppings.
- ☐ Note: For testing purposes only, we used Good Seasons Sun Dried Tomato Vinaigrette With Roasted Red Pepper dressing.
- ☐ Sun-dried Tomato Chicken Breasts: Substitute 6 skinned and boned chicken breasts for chicken pieces. Prepare recipe as directed, decreasing bake time to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:15.239565175513%

Nutrients (% of daily need)

Calories: 449.3kcal (22.46%), Fat: 31.07g (47.8%), Saturated Fat: 8.88g (55.5%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.38g (0.42%), Cholesterol: 154.22mg (51.41%), Sodium: 464.48mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.18%), Vitamin B3: 14.21mg (71.03%), Selenium: 29.74µg (42.49%), Vitamin B6: 0.76mg (38.25%), Phosphorus: 310.76mg (31.08%), Vitamin B5: 1.9mg (19.03%), Zinc: 2.76mg (18.38%), Vitamin C: 14.53mg (17.61%), Vitamin B2: 0.26mg (15.23%), Potassium: 459.22mg (13.12%), Iron: 2.14mg (11.91%), Magnesium: 45.92mg (11.48%), Vitamin B12: 0.64µg (10.62%), Vitamin B1: 0.13mg (8.98%), Vitamin A: 418.86IU (8.38%), Copper: 0.15mg (7.27%), Manganese: 0.12mg (5.81%), Folate: 16.78µg (4.19%), Vitamin E: 0.62mg (4.12%), Vitamin K: 3.79µg (3.61%), Calcium: 34.02mg (3.4%), Vitamin D: 0.41µg (2.74%), Fiber: 0.45g (1.78%)