

Sweet Sour Cream Baked Chicken

READY IN



75 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary dried
- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 graham crackers
- ☐ 4 chicken breast halves boneless skinless
- ☐ 8 ounce cup heavy whipping cream sour

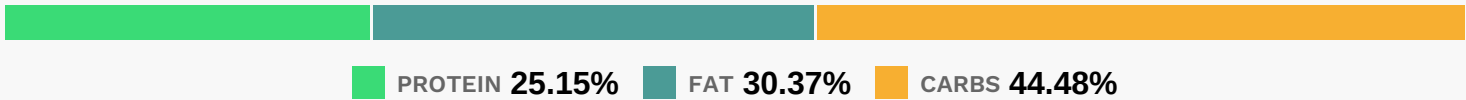
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat egg in a small bowl, then pour egg beat into a shallow dish or bowl and blend in sour cream. Crush graham crackers into crumbs and, in a separate shallow dish or bowl, combine rosemary, bread crumbs and crushed graham cracker crumbs.
- ☐ Lightly coat chicken with flour; dip floured chicken breasts in egg mixture, then crumb mixture and place in a lightly greased 9x13 inch baking dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:19.05, Inflammation Score:-5, Nutrition Score:15.684347873149%

Nutrients (% of daily need)

Calories: 377.56kcal (18.88%), Fat: 12.54g (19.3%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 39.48g (14.36%), Sugar: 5.71g (6.34%), Cholesterol: 97.79mg (32.6%), Sodium: 333.96mg (14.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.75%), Selenium: 39.36µg (56.22%), Vitamin B3: 10.85mg (54.26%), Vitamin B6: 0.64mg (31.87%), Vitamin B1: 0.43mg (28.55%), Phosphorus: 281.94mg (28.19%), Vitamin B2: 0.38mg (22.44%), Folate: 72.6µg (18.15%), Manganese: 0.33mg (16.27%), Iron: 2.85mg (15.85%), Vitamin B5: 1.5mg (15.04%), Potassium: 418.61mg (11.96%), Magnesium: 44.87mg (11.22%), Calcium: 93.39mg (9.34%), Zinc: 1.34mg (8.9%), Fiber: 1.86g (7.42%), Vitamin B12: 0.36µg (5.97%), Vitamin A: 298.21IU (5.96%), Copper: 0.11mg (5.63%), Vitamin E: 0.39mg (2.6%), Vitamin K: 1.99µg (1.9%), Vitamin C: 1.25mg (1.52%), Vitamin D: 0.22µg (1.48%)