



## Zesty Italian Chicken

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



923 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds irish oats
- 0.3 cup salad dressing
- 0.3 cup salad dressing italian
- 1 teaspoon seasoning italian

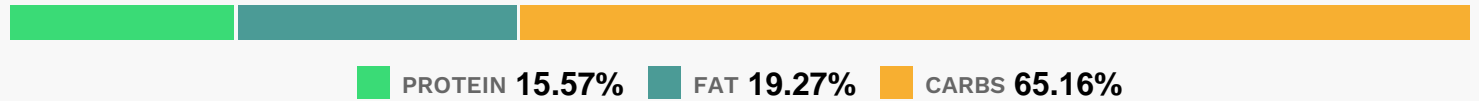
### Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 375°F.
- Place chicken, skin sides down, in ungreased rectangular pan, 13x9x2 inches.
- Mix remaining ingredients.
- Brush half of mayonnaise mixture over chicken.
- Cover and bake 30 minutes. Turn chicken; brush with remaining mayonnaise mixture.
- Bake uncovered about 30 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut. (If chicken begins to brown too quickly, cover with aluminum foil.) Discard any remaining mayonnaise mixture.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:71.11, Inflammation Score:-1, Nutrition Score:8.1082609223769%

## Nutrients (% of daily need)

Calories: 923.32kcal (46.17%), Fat: 20.02g (30.8%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 152.28g (50.76%), Net Carbohydrates: 127.2g (46.25%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 194.55mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.8%), Fiber: 25.09g (100.36%), Iron: 9.56mg (53.13%), Vitamin K: 13.04µg (12.42%), Calcium: 121.27mg (12.13%), Vitamin E: 0.49mg (3.26%), Manganese: 0.02mg (1.14%)