



Zesty Italian Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken
- ☐ 0.3 cup salad dressing italian
- ☐ 1 teaspoon seasoning italian
- ☐ 0.3 cup salad dressing

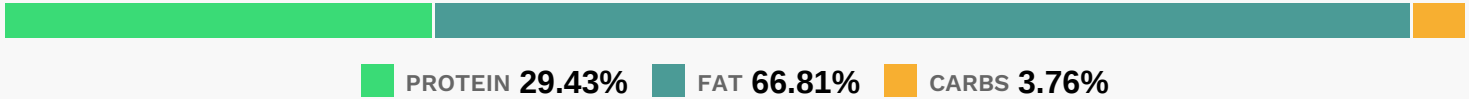
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375F.
- ☐ 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:0.83, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:8.2034783026446%

Nutrients (% of daily need)

Calories: 281.94kcal (14.1%), Fat: 20.54g (31.6%), Saturated Fat: 5.27g (32.97%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.46g (0.89%), Sugar: 2.13g (2.37%), Cholesterol: 81.65mg (27.22%), Sodium: 270.75mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Vitamin B3: 7.44mg (37.22%), Selenium: 16.08µg (22.98%), Vitamin B6: 0.4mg (19.85%), Phosphorus: 163.46mg (16.35%), Vitamin K: 14.67µg (13.97%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.45mg (9.66%), Vitamin B2: 0.13mg (7.79%), Potassium: 226.4mg (6.47%), Iron: 1.15mg (6.41%), Magnesium: 23.65mg (5.91%), Vitamin B12: 0.34µg (5.62%), Vitamin E: 0.82mg (5.44%), Vitamin B1: 0.07mg (4.65%), Vitamin A: 165.13IU (3.3%), Copper: 0.06mg (2.9%), Vitamin C: 1.83mg (2.22%), Manganese: 0.04mg (2.17%), Calcium: 19.84mg (1.98%), Folate: 7.32µg (1.83%), Vitamin D: 0.22µg (1.45%)