

# Baked Chicken

**Makes:** 5 servings

Take the mystery out of baking chicken. A little garlic powder and pepper

## Ingredients

**1 pound** chicken, boneless, skinless

**1 teaspoon** garlic powder

**1 teaspoon** pepper

salt (optional)

## Directions

1. Preheat the oven to 350 degrees.
2. Put the chicken in a baking pan or casserole dish.
3. Sprinkle with garlic powder and pepper to taste.
4. Bake for 1 hour.

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>110</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	50 mg
<b>Sodium</b>	<b>45 mg</b>
<b>Total Carbohydrate</b>	<b>1 g</b>
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	