

# Garlic Butter Baked Chicken Breast

Yield: 3 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/whole30-italian-seasoning-recipe>

## Ingredients:

- 3 boneless skinless chicken breasts — about 1 lb
- kosher salt
- freshly ground black pepper
- 1 teaspoon paprika
- 4 tablespoons grass-fed butter — melted — use Ghee if you're doing Whole30
- 1 teaspoon Italian seasoning
- 1 tablespoon fresh parsley — chopped
- 2 cloves garlic — minced
- 1 tablespoon olive oil — extra virgin

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 115 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 11 grams
8. Sodium: 510 milligrams

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