

# Oven Baked Honey Mustard Chicken

Yield: 4 min  
Total Time: 41 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-marinade-recipes>

## Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts
- 1 teaspoon olive oil
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1 teaspoon minced garlic
- 1/4 cup chicken broth
- 2 tablespoons honey mustard
- 2 tablespoons honey

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 110 milligrams
4. Fat: 7 grams
5. Protein: 36 grams
6. SaturatedFat: 2 grams
7. Sodium: 580 milligrams
8. Sugar: 9 grams

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