

Easy Italian Baked Chicken Breast

Yield: 4 min
Total Time: 28 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-roasted-italian-baked-chicken-breast-pepperoni-recipe>

Ingredients:

- 2 tablespoons Italian seasoning blend
- 1 tablespoon sucanat or brown sugar
- 1/2 teaspoon garlic salt
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4 boneless, skinless chicken breasts pounded to an even thinness
- 1 tablespoon oil avocado oil suggested or melted butter
- 1 cup shredded mozzarella cheese

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 150 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 6 grams
8. Sodium: 710 milligrams
9. Sugar: 2 grams

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