

# Herbed 'N Spiced Chicken

National Chicken Council  
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## Servings: 4

*1/2 cup nonfat yogurt*  
*1/2 teaspoon curry powder*  
*1 cup herb-seasoned stuffing mix*  
*8 broiler-fryer chicken parts*  
*1 teaspoon salt*  
*1/2 teaspoon pepper*

Preheat the oven to 350 degrees.

Grease a 13x9x2-inch baking pan.

Mix together the yogurt and curry powder.

Pour the dry stuffing mix into a blender or food processor and process until crumbs form.

Sprinkle the chicken with salt and pepper. Brush with the yogurt mix and roll in the stuffing crumbs. Place the chicken in a single layer, skin side up, in the baking pan.

Bake for about 55 minutes or until a fork can be inserted in the chicken with ease (not necessary to turn).

Serve hot or place in a refrigerator to chill.

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Per Serving (excluding unknown items): 17 Calories; trace Fat (4.8% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 555mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 0 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	17
% Calories from Fat:	4.8%
% Calories from Carbohydrates:	56.9%
% Calories from Protein:	38.3%
Total Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	4mcg

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 1mg  
**Carbohydrate (g):** 3g  
**Dietary Fiber (g):** trace  
**Protein (g):** 2g  
**Sodium (mg):** 555mg  
**Potassium (mg):** 80mg  
**Calcium (mg):** 62mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 5IU  
**Vitamin A (r.e.):** 1RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 17 **Calories from Fat:** 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	555mg	23%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	2g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		1%
<b>Calcium</b>		6%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.