

# Chicken Breast



30 min.



1 serving



PER SERVING  
142 CAL  
FAT: 3g  
CARB: 0g  
PROTEIN: 27g

30

## INGREDIENTS

- 1 Chicken Breast Fillet (86g)
- 1 tsp Salt
- ½ tsp Pepper

## DIRECTIONS

1. Preheat oven to 425°F.
2. Sprinkle chicken with salt and pepper on both sides and place chicken on a broiler pan.
3. Bake for 10 minutes, flip and cook until no longer pink in the center and juice run clear, about 15 minutes more. Instant-read thermometer should read 165 degrees F.
4. Remove from pan and serve.



EAT THIS MUCH