

GREY POUPON Classic Chicken Dijon

**Prep Time:**

10 min

Total Time:

30 min

Makes:

4 servings

2 Tbsp. GREY POUPON Dijon Mustard

1 Tbsp. water

1/2 tsp. garlic powder

1/4 tsp. Italian seasoning

4 small boneless skinless chicken breast halves (1 lb.)

PREHEAT oven to 375°F. Mix mustard, water and seasonings.

PLACE chicken in shallow baking pan; brush evenly with mustard mixture.

BAKE 20 min. or until chicken is cooked through (165°F).

Nutritional Information

Calories 140

[Total fat](#) 3.5 g

[Saturated fat](#) 1 g

[Cholesterol](#) 65 mg

[Sodium](#) 240 mg

[Carbohydrate](#) 1 g

[Dietary fiber](#) 0 g

[Sugars](#) 0 g

Protein 25 g

Vitamin A 0 %DV

Vitamin C 0 %DV

[Calcium](#) 2 %DV

Iron 6 %DV

Nutrition Bonus

Help your family eat right by enhancing lean meat with unexpected flavors. Here, a seasoned Dijon mustard mixture adds a tasty twist to everyday chicken. Carb Choices: 0