GREY POUPON Classic Chicken Dijon

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