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Description

Bring bold, tangy flavor to your kitchen table with this easy canned yellow mustard chicken bake. Combining simple pantry staples with lean protein, this dish features a rich, savory mustard sauce coat over tender, juicy chicken breasts. It is designed to satisfy savory cravings effortlessly while staying light, clean, and nutritious for any day of the week.

If you are looking to keep your meals high protein and low carb, this recipe fits seamlessly into your daily routine. Using tangy canned yellow mustard as the flavor base allows you to minimize added sugars and excessive fat while keeping carb counts low. Enjoy a deeply satisfying, protein-packed dinner that feels indulgent without compromising your healthy eating routine.

Can This Canned Yellow Mustard Chicken Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by providing a high amount of lean protein per serving, which promotes satiety and helps preserve lean muscle mass. Canned yellow

mustard adds immense flavor for minimal calories, eliminating the need for heavy, high-calorie sauces or added sugars.

Does Canned Yellow Mustard Chicken Fit a High Protein Lifestyle?

This dish fits a high-protein lifestyle by delivering quality lean protein from chicken breast paired with a clean, low-sugar sauce base. Using canned yellow mustard alongside savory spices ensures robust flavor while keeping net carbs exceptionally low per serving. It integrates easily into macro-conscious meal plans, keto-friendly eating styles, and fitness-focused daily menus.

My Personal Experience

- Effortless Pantry Recipe: Using canned yellow mustard directly from the pantry creates a vibrant, flavorful glaze without requiring complicated ingredients.

  It speeds up prep time significantly while ensuring consistent, tangy flavor every single time you make it.

- Meal Prep Saver: The chicken holds its moisture remarkably well throughout the week when paired with this rich mustard glaze.

  Reheating it for weekday lunches keeps the protein tender without drying out or losing its zesty taste.

Perfect For:

Ideal for quick weeknight dinners, meal-prep lunches, high protein snacks on the go, keto diet plans, post-workout protein refueling, and low-carb daily meal planning.

Why You’ll Love This Recipe:

- Bold & Zesty Flavor Profile: Canned yellow mustard paired with mild spices creates a punchy, restaurant-quality glaze over every piece of chicken.

It delivers maximum taste with zero reliance on heavy creams, sugary syrups, or excess oils.

- Minimal Hands-On Effort: Prepping the chicken takes less than ten minutes before baking it straight to tender perfection.

  It allows you to cook a wholesome, high-protein meal even on your busiest weeknights.

- Budget & Pantry Friendly: Made primarily with everyday spices and standard canned yellow mustard that you likely already have at home.

  It keeps healthy, macro-friendly eating affordable and accessible without fancy specialty products.

Common Mistakes to Avoid:

1. Baking at Too High Temperature: Cooking at excessively high heat dries out lean chicken breasts quickly before the sauce thickens properly.

2. Skipping Sauce Basting: Failing to spoon the canned mustard mixture over the chicken mid-bake results in a drier top coat.

3. Over-thickening the Mustard Sauce: Adding too much flour or thickener dilutes the signature tangy bite of the yellow mustard.

4. Not Letting the Meat Rest: Slicing into the chicken immediately after baking causes the delicious juices to run out onto the pan.

Required Equipment:

- Baking Dish (9×13 inch): Ensures even heat distribution and keeps the mustard glaze contained around the chicken.

- Meat Thermometer: Prevents overcooking by accurately verifying when internal temperature hits 165°F (74°C).

- Whisk & Mixing Bowl: Allows you to blend the canned yellow mustard and spices into a smooth, lump-free glaze.

Storage Instructions:

Store cooled leftover chicken and extra mustard sauce in an airtight glass or BPA-free plastic container in the refrigerator for up to 4 days. For longer storage, freeze individual portions in freezer-safe containers for up to 2 months. Reheat gently in a skillet over low heat or in the microwave to maintain optimal protein texture and sauce consistency.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 25 minutes
- Total Time: 35 minutes
- Servings: 4 servings
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~280 kcal (Approximate estimate)

Enjoy a tangy, low-carb favorite featuring tender chicken breast coated in a zesty canned yellow mustard glaze baked to juicy perfection. It offers maximum protein output with minimal daily prep work required.

 Ingredients:

- 1.5 lbs (24 oz) boneless, skinless chicken breasts
- 1/2 cup canned yellow mustard *(Use standard yellow mustard for classic tang)*
- 1 tbsp olive oil

- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp cracked black pepper

Directions:

1. Preheat & Prep: Preheat your oven to 375°F (190°C) and lightly grease a 9×13 inch baking dish with olive oil or non-stick cooking spray.
2. Whisk Sauce: In a medium bowl, whisk together the canned yellow mustard, olive oil, apple cider vinegar, garlic powder, onion powder, smoked paprika, salt, and black pepper until completely smooth.
3. Coat Protein: Arrange the chicken breasts in a single layer in the baking dish and pour the mustard mixture evenly over the top, making sure each piece is thoroughly coated.
4. Bake & Baste: Bake uncovered on medium rack for 20–25 minutes; baste the chicken with the pan sauce halfway through to lock in moisture and lock in high protein goodness.
5. Check Cue & Rest: Check that the internal temperature reaches 165°F (74°C) with a golden-yellow mustard crust, then remove from heat and rest for 5 minutes before serving.

Nutrition Facts (Per Serving – Approximate):

- Calories: 280 kcal
- Fats: 8g
- Cholesterol: 95mg
- Sodium: 580mg
- Potassium: 440mg
- Total Carbohydrates: 3g
- Fiber: 1g
- Net Carbs: 2g
- Sugars: 1g
- Protein: 42g
- Calcium: 35mg

Notes:

- Storage: Keeps fresh in airtight containers for 4 days refrigerated or 60 days frozen.
- Reheating: Warm gently in a covered skillet over medium-low heat with a splash of water to keep chicken moist.
- Allergy Info: Naturally dairy-free, gluten-free, and nut-free; check mustard label for grain additives if sensitive.
- Flavor Boost: Add a pinch of cayenne pepper or a drop of hot sauce to the mustard blend

for extra kick.