

Amazing Crusted Chicken

READY IN



60 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs italian
- 2 cups cheese crushed flavored (such as Cheez-It®)
- 1 cup fried onions crushed
- 4 servings pepper black to taste
- 3 tablespoons mayonnaise
- 2 teaspoons sesame seed toasted
- 4 chicken breast halves boneless skinless cut in half

Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to . Spray a baking dish with cooking spray. Preheat an oven to 375 degrees F (190 degrees C).
- Mix cheese-flavored crackers, French-fried onions, Italian bread crumbs, sesame seeds, salt, and pepper in a bowl. Set aside.
- Wash and pat chicken breasts dry.
- Spread a thin layer of mayonnaise on one side of each piece and place mayonnaise-side down in the cracker mixture.
- Spread a thin layer of mayonnaise on the other side of the chicken and cover with the cracker mixture, patting firmly into the chicken.
- Place chicken breasts on the prepared baking dish.
- Sprinkle remaining cracker mixture on top; lightly spray the chicken with cooking spray.
- Bake in the preheated oven until the chicken breasts are no longer pink in the center and the juices run clear, 35 to 40 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:19.035217155581%

Nutrients (% of daily need)

Calories: 543.75kcal (27.19%), Fat: 38.53g (59.28%), Saturated Fat: 16.37g (102.33%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 9.13g (3.32%), Sugar: 1.33g (1.48%), Cholesterol: 133.23mg (44.41%), Sodium: 697mg (30.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.45%), Selenium: 52.74µg (75.34%), Vitamin B3: 12.02mg (60.1%), Phosphorus: 506.02mg (50.6%), Vitamin B6: 0.89mg (44.72%), Calcium: 416.14mg (41.61%),

Vitamin B2: 0.37mg (21.76%), Zinc: 2.83mg (18.87%), Vitamin B5: 1.86mg (18.64%), Vitamin K: 18.86µg (17.96%),
Vitamin B12: 0.84µg (13.96%), Potassium: 477.31mg (13.64%), Magnesium: 49.02mg (12.25%), Vitamin A: 607.49IU
(12.15%), Vitamin B1: 0.1mg (6.84%), Vitamin E: 0.99mg (6.58%), Folate: 20.1µg (5.03%), Copper: 0.09mg (4.66%),
Iron: 0.76mg (4.22%), Vitamin D: 0.47µg (3.15%), Manganese: 0.06mg (3.03%), Vitamin C: 1.36mg (1.64%), Fiber:
0.27g (1.06%)