



Baked Cornflake Chicken

 Very Healthy

READY IN



55 min.

SERVINGS



5

CALORIES



500 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 skin-on chicken breast halves bone-in
- ☐ 2 cups cornflakes cereal crushed
- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt

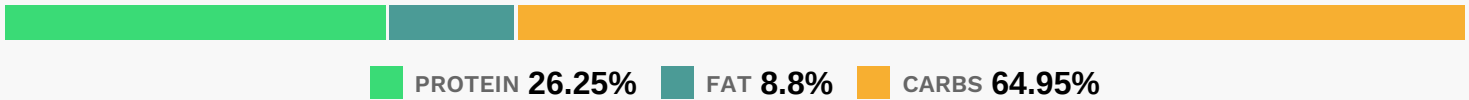
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Stir milk, egg, flour, garlic powder, salt, and black pepper together in a bowl.
- ☐ Dredge each chicken breast in milk mixture; roll in cornflakes to coat.
- ☐ Transfer to a baking sheet or dish.
- ☐ Bake until no longer pink at the bone and the juices run clear, about 45 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:42.013043360866%

Nutrients (% of daily need)

Calories: 500.1kcal (25%), Fat: 4.94g (7.6%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 82.11g (27.37%), Net Carbohydrates: 78.91g (28.69%), Sugar: 10.2g (11.34%), Cholesterol: 107.98mg (35.99%), Sodium: 959.15mg (41.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.37%), Iron: 28.01mg (155.61%), Vitamin B3: 28.85mg (144.24%), Vitamin B6: 2.57mg (128.68%), Vitamin B2: 1.63mg (96.07%), Vitamin B1: 1.37mg (91.34%), Folate: 349.34µg (87.33%), Vitamin B12: 5.17µg (86.13%), Selenium: 47.73µg (68.18%), Phosphorus: 378.29mg (37.83%), Vitamin A: 1811.68IU (36.23%), Vitamin D: 3.96µg (26.43%), Vitamin C: 21.23mg (25.73%), Vitamin B5: 2.06mg (20.62%), Potassium: 630.58mg (18.02%), Magnesium: 70.89mg (17.72%), Fiber: 3.2g (12.81%), Zinc: 1.83mg (12.21%), Copper: 0.23mg (11.44%), Manganese: 0.2mg (10.21%), Calcium: 46.18mg (4.62%), Vitamin E: 0.44mg (2.91%)