

Best Chicken Ever

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 2 cups cornflakes cereal crushed
- ☐ 1 teaspoon penzey's southwest seasoning italian-style
- ☐ 6 chicken breasts boneless skinless
- ☐ 2 cups cup heavy whipping cream sour

Equipment

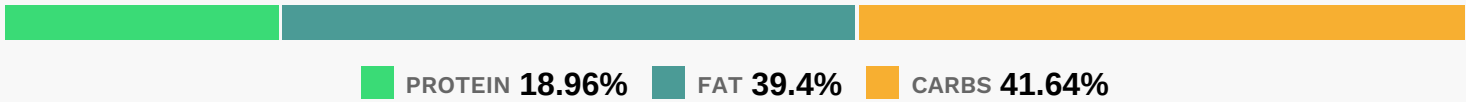
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Rinse and trim the chicken breasts. Pat dry. Generously coat both sides of each breast with sour cream. Put crushed cornflake crumbs in a shallow plate or bowl and season to taste (I use onion salt and garlic salt). Dip the sour cream coated chicken in the seasoned cornflake crumbs.
- ☐ Place coated chicken in a lightly greased 9x13 inch baking dish.
- ☐ Drizzle with melted butter/margarine and bake in the preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:39.840869509655%

Nutrients (% of daily need)

Calories: 663.42kcal (33.17%), Fat: 29.48g (45.36%), Saturated Fat: 15.68g (97.98%), Carbohydrates: 70.11g (23.37%), Net Carbohydrates: 67.37g (24.5%), Sugar: 10.13g (11.25%), Cholesterol: 147.65mg (49.22%), Sodium: 819.86mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.85%), Vitamin B3: 26mg (129.97%), Iron: 23.39mg (129.94%), Vitamin B6: 2.29mg (114.67%), Vitamin B2: 1.45mg (85.12%), Vitamin B1: 1.15mg (76.38%), Folate: 291.87µg (72.97%), Vitamin B12: 4.35µg (72.57%), Selenium: 45.7µg (65.28%), Vitamin A: 2275.55IU (45.51%), Phosphorus: 379.86mg (37.99%), Vitamin C: 18.61mg (22.56%), Vitamin B5: 2.07mg (20.67%), Vitamin D: 2.95µg (19.68%), Potassium: 653.98mg (18.69%), Magnesium: 68.98mg (17.25%), Zinc: 1.72mg (11.46%), Fiber: 2.74g (10.98%), Copper: 0.2mg (10.13%), Calcium: 95.71mg (9.57%), Manganese: 0.17mg (8.73%), Vitamin E: 0.99mg (6.58%), Vitamin K: 4.43µg (4.22%)