



WHATSheATE



Breaded Parmesan Ranch Chicken



Gluten Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.8 cup corn flakes crushed
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 ounce ranch salad dressing mix
- ☐ 4 ounce chicken breast halves boneless skinless

Equipment

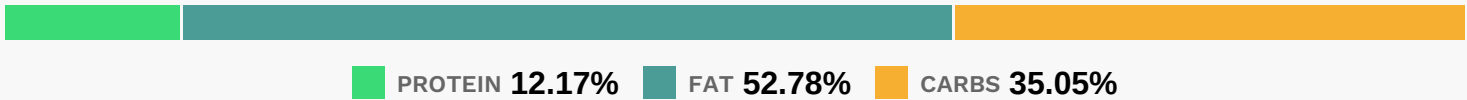
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Combine corn flakes, Parmesan cheese, and ranch dressing mix in a bowl. Dip chicken in melted butter; roll each chicken breast in corn flake mixture until evenly coated.
- ☐ Place coated chicken in the prepared baking dish.
- ☐ Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:11.46043478406%

Nutrients (% of daily need)

Calories: 246.39kcal (12.32%), Fat: 14.59g (22.44%), Saturated Fat: 8.85g (55.32%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 21.06g (7.66%), Sugar: 2.12g (2.36%), Cholesterol: 47.73mg (15.91%), Sodium: 699.2mg (30.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Iron: 6.51mg (36.15%), Vitamin B3: 5.46mg (27.31%), Vitamin B6: 0.51mg (25.56%), Vitamin B2: 0.39mg (22.85%), Vitamin B12: 1.29µg (21.47%), Vitamin B1: 0.31mg (20.64%), Folate: 80.74µg (20.18%), Vitamin A: 836.03IU (16.72%), Selenium: 9.8µg (14%), Phosphorus: 115.23mg (11.52%), Calcium: 88.1mg (8.81%), Vitamin C: 4.83mg (5.85%), Vitamin D: 0.86µg (5.73%), Zinc: 0.72mg (4.82%), Magnesium: 15.9mg (3.98%), Potassium: 110.36mg (3.15%), Vitamin B5: 0.3mg (2.99%), Fiber: 0.73g (2.93%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.57%), Manganese: 0.05mg (2.37%), Vitamin K: 1.18µg (1.12%)