



Cajun Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



1275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 teaspoons cajun spice
- ☐ 1.5 cups cornflakes country®
- ☐ 0.5 cup mayonnaise
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 0.5 cup water

Equipment

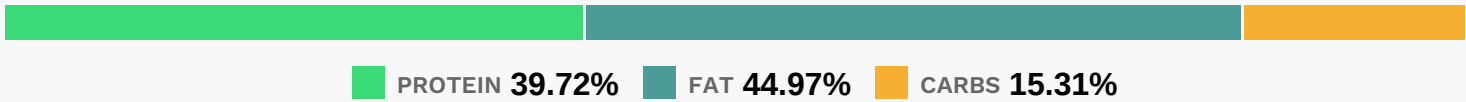
- ☐ frying pan

☐ plastic wrap

Directions

- ☐ Flatten each chicken breast half to 1/4-inch thickness between sheets of waxed paper or plastic wrap.
- ☐ Crush cereal.
- ☐ Mix cereal, Bisquick and Cajun seasoning. Dip chicken into water, then coat with cereal mixture.
- ☐ Melt butter in 12-inch nonstick skillet over medium heat. Cook chicken in butter 8 to 10 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:52.008261224498%

Nutrients (% of daily need)

Calories: 1275.47kcal (63.77%), Fat: 62.77g (96.57%), Saturated Fat: 11.89g (74.31%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 45.29g (16.47%), Sugar: 8.39g (9.32%), Cholesterol: 380.79mg (126.93%), Sodium: 2162.8mg (94.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.75g (249.51%), Vitamin B3: 67.08mg (335.38%), Selenium: 188.09µg (268.7%), Vitamin B6: 5.09mg (254.45%), Phosphorus: 1269.32mg (126.93%), Iron: 15.24mg (84.66%), Vitamin B5: 8.36mg (83.65%), Vitamin A: 3970.34IU (79.41%), Vitamin B2: 1.26mg (74.41%), Potassium: 2306.1mg (65.89%), Vitamin B1: 0.95mg (63.38%), Vitamin K: 64.49µg (61.42%), Vitamin B12: 3.26µg (54.37%), Folate: 179.34µg (44.83%), Magnesium: 175.18mg (43.8%), Vitamin E: 5.61mg (37.42%), Zinc: 3.97mg (26.48%), Vitamin C: 15.72mg (19.05%), Copper: 0.31mg (15.25%), Vitamin D: 2.08µg (13.86%), Manganese: 0.23mg (11.35%), Fiber: 2.78g (11.13%), Calcium: 58.28mg (5.83%)