



Cajun Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

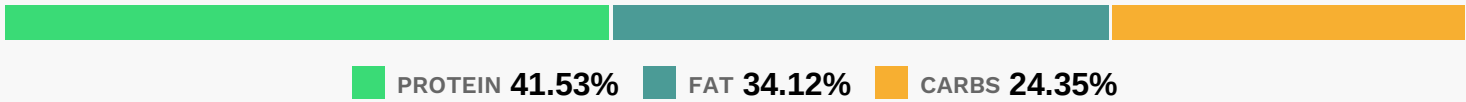
- ☐ frying pan

☐ 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:3.75, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:20.326521572859%

Nutrients (% of daily need)

Calories: 316.43kcal (15.82%), Fat: 11.79g (18.13%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.92g (6.52%), Sugar: 2.85g (3.16%), Cholesterol: 91.02mg (30.34%), Sodium: 500.54mg (21.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.57%), Vitamin B3: 17.45mg (87.24%), Selenium: 47.42µg (67.74%), Vitamin B6: 1.28mg (64.15%), Phosphorus: 400.88mg (40.09%), Iron: 4.19mg (23.25%), Vitamin B2: 0.38mg (22.46%), Vitamin B5: 2.21mg (22.08%), Vitamin B1: 0.32mg (21.44%), Vitamin A: 973.58IU (19.47%), Potassium: 592.3mg (16.92%), Folate: 62.46µg (15.62%), Vitamin B12: 0.87µg (14.57%), Magnesium: 46.99mg (11.75%), Zinc: 1.06mg (7.09%), Vitamin E: 0.81mg (5.4%), Manganese: 0.11mg (5.29%), Vitamin C: 3.97mg (4.82%), Copper: 0.09mg (4.7%), Fiber: 1.01g (4.04%), Calcium: 39.74mg (3.97%), Vitamin D: 0.52µg (3.46%), Vitamin K: 2.06µg (1.96%)