



Cajun Chicken (Cooking for 2)

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb chicken breast boneless skinless
- ☐ 0.8 cup cornflakes country®
- ☐ 0.3 cup baking mix bisquick heart smart®
- ☐ 1 teaspoon cajun spice
- ☐ 0.3 cup water
- ☐ 1 tablespoon butter

Equipment

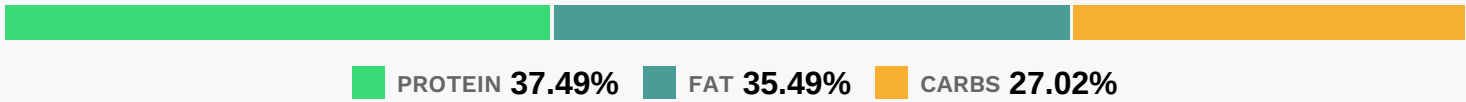
- ☐ frying pan

☐ plastic wrap

Directions

- ☐ Flatten each chicken breast half to 1/4-inch thickness between sheets of waxed paper or plastic wrap.
- ☐ Crush cereal. In shallow dish, stir together cereal, Bisquick® mix and Cajun seasoning.
- ☐ Place water in another shallow dish. Dip chicken into water, then coat with cereal mixture.
- ☐ In 10-inch nonstick skillet, melt margarine over medium heat. Cook chicken in margarine 8 to 10 minutes, turning once, until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:17.678260777308%

Nutrients (% of daily need)

Calories: 284.11kcal (14.21%), Fat: 11.05g (17%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.92g (6.52%), Sugar: 2.85g (3.16%), Cholesterol: 72.87mg (24.29%), Sodium: 467.66mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.53%), Vitamin B3: 14.49mg (72.45%), Selenium: 38.35µg (54.78%), Vitamin B6: 1.07mg (53.54%), Phosphorus: 341.35mg (34.13%), Iron: 4.08mg (22.67%), Vitamin B2: 0.35mg (20.79%), Vitamin B1: 0.3mg (20.23%), Vitamin A: 965.08IU (19.3%), Vitamin B5: 1.8mg (18.04%), Folate: 61.33µg (15.33%), Potassium: 487.4mg (13.93%), Vitamin B12: 0.82µg (13.62%), Magnesium: 39.61mg (9.9%), Zinc: 0.9mg (5.99%), Manganese: 0.1mg (5.08%), Vitamin E: 0.76mg (5.04%), Vitamin C: 3.63mg (4.4%), Copper: 0.09mg (4.32%), Fiber: 1.01g (4.04%), Calcium: 38.32mg (3.83%), Vitamin D: 0.49µg (3.28%), Vitamin K: 2µg (1.91%)