



Cajun Oven-Fried Chicken and Roasted Vegetables

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cornflakes crushed total corn flakes®
- ☐ 1 egg whites
- ☐ 1 teaspoon water
- ☐ 1.5 lb chicken breast halves boneless skinless
- ☐ 1 teaspoon cajun spice dried
- ☐ 2 medium bell pepper red yellow cut into 1/2-inch-long strips
- ☐ 1 medium onion sweet cut into thin wedges (Maui, Texas or Walla Walla)

- ☐ 14 oz green beans whole frozen
- ☐ 1 teaspoon cajun spice dried
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon olive oil

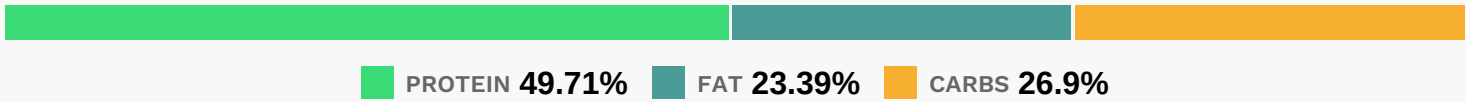
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. Line 13x9-inch pan with foil; spray with cooking spray. Spray another 13x9-inch pan with cooking spray.
- ☐ In small bowl, place crushed cereal. In another small bowl, beat egg white and water until frothy. Dip chicken breast halves into egg white mixture; sprinkle with Cajun seasoning.
- ☐ Roll chicken in cereal to coat; place in foil-lined pan.
- ☐ In second pan, toss all roasted vegetable ingredients to coat.
- ☐ Place both pans in oven; bake 18 to 23 minutes, stirring vegetables once halfway through baking time, until chicken is fork-tender and juices run clear and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:23.216087014779%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

10.23mg

Nutrients (% of daily need)

Calories: 215.74kcal (10.79%), Fat: 5.65g (8.69%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 11.63g (4.23%), Sugar: 5.36g (5.96%), Cholesterol: 72.57mg (24.19%), Sodium: 271.97mg (11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.05%), Vitamin C: 85.61mg (103.77%), Vitamin B3: 13.44mg (67.19%), Vitamin B6: 1.16mg (57.91%), Selenium: 38.41µg (54.87%), Phosphorus: 294.1mg (29.41%), Vitamin K: 30.78µg (29.31%), Potassium: 738.16mg (21.09%), Vitamin A: 961.2IU (19.22%), Vitamin B5: 1.92mg (19.2%), Vitamin B2: 0.29mg (16.85%), Folate: 62.39µg (15.6%), Magnesium: 58.86mg (14.71%), Iron: 2.6mg (14.43%), Vitamin B1: 0.21mg (13.99%), Manganese: 0.27mg (13.28%), Fiber: 2.99g (11.95%), Copper: 0.16mg (8.13%), Vitamin E: 1.03mg (6.88%), Zinc: 1.02mg (6.81%), Vitamin B12: 0.41µg (6.77%), Calcium: 47.7mg (4.77%), Vitamin D: 0.24µg (1.6%)