



Cheddar Baked Chicken

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup rice cereal crispy
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup seasoned bread crumbs italian
- ☐ 1 tablespoon milk

- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 3 chicken breast halves boneless skinless cut in half

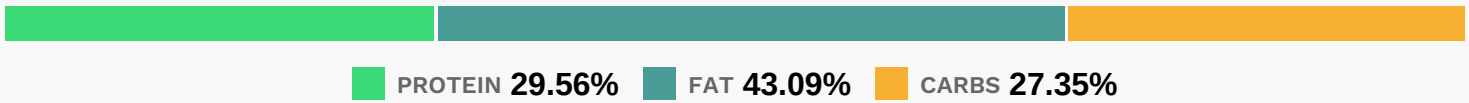
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a medium baking dish with 1/4 cup melted butter.
- ☐ In a bowl, mix the flour, salt, pepper, and garlic powder. In a separate bowl, beat together the egg and milk. In a third bowl, mix the cheese, bread crumbs, cereal. Dredge chicken pieces in the flour mixture, dip in the egg mixture, then press in the breadcrumb mixture to coat. Arrange in the prepared baking dish.
- ☐ Drizzle 2 tablespoons butter evenly over chicken.
- ☐ Bake 35 minutes in the preheated oven, or until coating is golden brown and chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:5.98, Inflammation Score:-4, Nutrition Score:12.355652171633%

Nutrients (% of daily need)

Calories: 277.32kcal (13.87%), Fat: 13.12g (20.19%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 17.79g (6.47%), Sugar: 0.83g (0.92%), Cholesterol: 92.71mg (30.9%), Sodium: 751.99mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.51%), Selenium: 32.22µg (46.03%), Vitamin B3: 7.26mg (36.31%), Phosphorus: 258.29mg (25.83%), Vitamin B6: 0.48mg (24.06%), Calcium: 166.43mg (16.64%), Vitamin B2: 0.28mg (16.51%), Vitamin B1: 0.24mg (16.02%), Manganese: 0.23mg (11.52%), Folate: 45.85µg (11.46%), Vitamin B5: 1.13mg (11.26%), Zinc: 1.4mg (9.32%), Iron: 1.5mg (8.31%), Potassium: 286.87mg (8.2%), Vitamin A:

387.05IU (7.74%), Magnesium: 29.84mg (7.46%), Vitamin B12: 0.43µg (7.24%), Vitamin K: 6.1µg (5.81%), Copper: 0.08mg (4.05%), Fiber: 0.94g (3.78%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.34µg (2.29%), Vitamin C: 0.95mg (1.16%)