

Cheddar Chicken

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 1 cup cornflakes cereal crushed
- 0.8 cup parmesan cheese grated
- 0.3 cup cheddar cheese shredded
- 8 chicken breast halves boneless skinless

Equipment

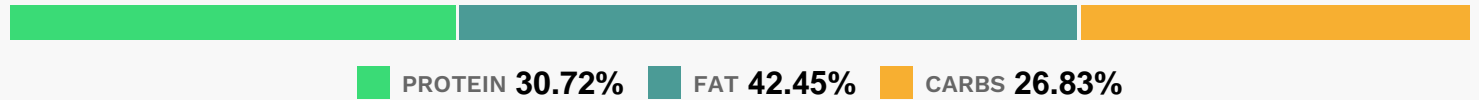
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix the cornflake crumbs, Parmesan cheese and Cheddar cheese.
- Dip the chicken breasts in the melted butter, and roll them in the cornflake crumb mixture.
- Place chicken in a lightly greased 9x13 inch baking dish.
- Bake in the preheated oven for 30 to 40 minutes, until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:23.872608542442%

Nutrients (% of daily need)

Calories: 390kcal (19.5%), Fat: 18.38g (28.27%), Saturated Fat: 10.1g (63.12%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.15g (9.15%), Sugar: 2.84g (3.15%), Cholesterol: 114.51mg (38.17%), Sodium: 625.05mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.85%), Vitamin B3: 17.09mg (85.47%), Vitamin B6: 1.39mg (69.31%), Selenium: 43.04µg (61.48%), Iron: 9.02mg (50.09%), Vitamin B2: 0.62mg (36.19%), Phosphorus: 346.48mg (34.65%), Vitamin B12: 1.89µg (31.55%), Vitamin B1: 0.47mg (31.52%), Folate: 111.83µg (27.96%), Vitamin A: 1033.11IU (20.66%), Vitamin B5: 1.74mg (17.39%), Potassium: 491.16mg (14.03%), Calcium: 118.37mg (11.84%), Magnesium: 45.43mg (11.36%), Zinc: 1.5mg (10%), Vitamin C: 7.57mg (9.17%), Vitamin D: 1.25µg (8.3%), Copper: 0.09mg (4.7%), Vitamin E: 0.65mg (4.36%), Fiber: 0.98g (3.9%), Manganese: 0.08mg (3.75%), Vitamin K: 1.46µg (1.39%)