



Chicken a la Mayo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cornflakes
- 0.5 teaspoon dill dried
- 0.5 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 1 teaspoon juice of lemon
- 0.5 cup mayonnaise
- 0.3 teaspoon lawry's seasoned salt
- 1.5 pounds chicken breast boneless skinless

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Pound chicken breasts to 1/4 inch thick. In a medium size bowl, stir together mayonnaise, dried dill weed, garlic powder, black pepper, seasoning salt and lemon juice.
- Mix well.
- Dip chicken breasts in mayonnaise mixture (let excess drip off), then dip in cornflake crumbs to coat well.
- Place coated chicken in a lightly greased 9x13 inch baking dish.
- Bake in the preheated oven for 20 minutes or until chicken is lightly browned and no longer pink inside.

Nutrition Facts

 **PROTEIN 37.7%**  **FAT 58.59%**  **CARBS 3.71%**

Properties

Glycemic Index:21.75, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:19.842608863893%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 398.95kcal (19.95%), Fat: 25.38g (39.04%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.53g (0.59%), Cholesterol: 120.62mg (40.21%), Sodium: 546.49mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.49%), Vitamin B3: 18.38mg (91.88%), Selenium: 55.46µg (79.23%), Vitamin B6: 1.35mg (67.41%), Vitamin K: 46.19µg (43.99%), Phosphorus: 369.18mg (36.92%), Vitamin B5: 2.49mg (24.86%), Potassium: 652.43mg (18.64%), Vitamin B2: 0.23mg (13.52%), Magnesium:

47.02mg (11.75%), Vitamin B1: 0.16mg (10.74%), Iron: 1.8mg (9.98%), Vitamin B12: 0.55µg (9.15%), Vitamin E: 1.25mg (8.34%), Zinc: 1.08mg (7.21%), Folate: 21.15µg (5.29%), Vitamin C: 3.33mg (4.03%), Copper: 0.06mg (3.14%), Manganese: 0.06mg (2.92%), Vitamin A: 139.81IU (2.8%), Vitamin D: 0.35µg (2.35%), Calcium: 14.16mg (1.42%)